



WHATSheATE



Lemony Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



45 kcal

SIDE DISH

Ingredients



0.1 teaspoon pepper black freshly ground



1 pound green beans trimmed cut into 2-inch pieces



1.5 teaspoons juice of lemon fresh



1 teaspoon olive oil



0.3 teaspoon salt

Equipment

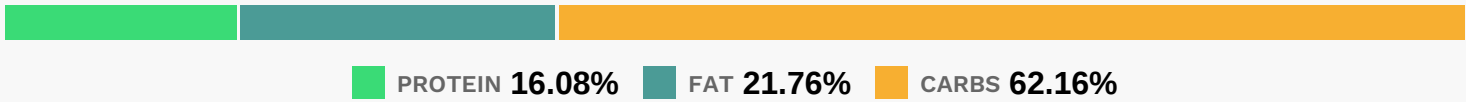


frying pan

Directions

- ☐ Steam green beans, covered, 5 minutes or until crisp-tender.
- ☐ Drain and return to pan.
- ☐ Add juice, oil, salt, and pepper; toss to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:2.24, Inflammation Score:-6, Nutrition Score:7.9534782689551%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 44.56kcal (2.23%), Fat: 1.26g (1.93%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 4.99g (1.81%), Sugar: 3.74g (4.16%), Cholesterol: 0mg (0%), Sodium: 152.2mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin K: 49.47µg (47.11%), Vitamin C: 14.56mg (17.65%), Vitamin A: 782.9IU (15.66%), Manganese: 0.25mg (12.68%), Fiber: 3.08g (12.33%), Folate: 37.81µg (9.45%), Vitamin B6: 0.16mg (8.05%), Magnesium: 28.57mg (7.14%), Vitamin B2: 0.12mg (6.96%), Potassium: 242.07mg (6.92%), Iron: 1.18mg (6.57%), Vitamin B1: 0.09mg (6.23%), Phosphorus: 43.34mg (4.33%), Calcium: 42.45mg (4.24%), Vitamin B3: 0.83mg (4.17%), Vitamin E: 0.61mg (4.08%), Copper: 0.08mg (3.97%), Vitamin B5: 0.26mg (2.58%), Zinc: 0.27mg (1.83%)