



Lemony Green Beans and Peas



Vegetarian



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 8 ounces green beans fresh trimmed cut into 1/2- to 3/4-inch pieces
- ☐ 1 teaspoon lemon zest grated
- ☐ 8 ounces peas frozen
- ☐ 4 servings salt
- ☐ 1 tablespoon butter unsalted cut into pieces

Equipment

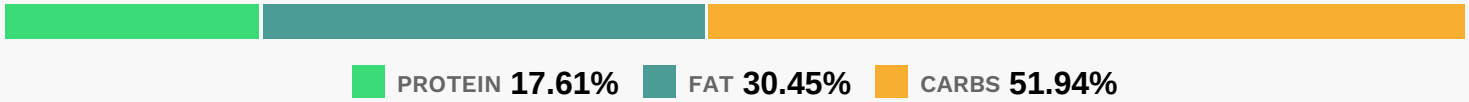
- ☐ bowl

- ☐ pot
- ☐ sieve

Directions

- ☐ Add green beans to a 3- to 4-quart pot of very well salted boiling water, and cook, uncovered, until barely tender, 4 to 5 minutes.
- ☐ Stir in peas and cook, uncovered, until beans and peas are tender, 2 to 3 minutes.
- ☐ Meanwhile, put butter and zest in a large bowl.
- ☐ Drain vegetables in a sieve and add to bowl. Toss until well coated with butter and zest.
- ☐ Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:30.58, Glycemic Load:3.31, Inflammation Score:-7, Nutrition Score:10.313043503982%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 89.08kcal (4.45%), Fat: 3.2g (4.92%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 7.42g (2.7%), Sugar: 5.09g (5.65%), Cholesterol: 7.53mg (2.51%), Sodium: 200.46mg (8.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin K: 38.85µg (37%), Vitamin C: 30.24mg (36.66%), Fiber: 4.84g (19.36%), Manganese: 0.37mg (18.42%), Vitamin A: 913.23IU (18.26%), Folate: 55.75µg (13.94%), Vitamin B1: 0.2mg (13.19%), Vitamin B6: 0.18mg (8.85%), Phosphorus: 83.84mg (8.38%), Magnesium: 33.21mg (8.3%), Vitamin B3: 1.61mg (8.03%), Vitamin B2: 0.14mg (7.98%), Iron: 1.43mg (7.96%), Potassium: 260.99mg (7.46%), Copper: 0.14mg (7.07%), Zinc: 0.85mg (5.63%), Calcium: 37.23mg (3.72%), Vitamin E: 0.39mg (2.6%), Selenium: 1.4µg (2.01%), Vitamin B5: 0.19mg (1.93%)