

# Lemony Green Beans with Walnuts and Thyme

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

## Ingredients

- 1 pound green beans fresh trimmed
- 1 teaspoon thyme sprigs fresh
- 1 lemon zest juiced
- 1 tablespoon olive oil
- 4 servings pepper black freshly ground to taste
- 0.3 cup walnut pieces coarsely chopped

## Equipment

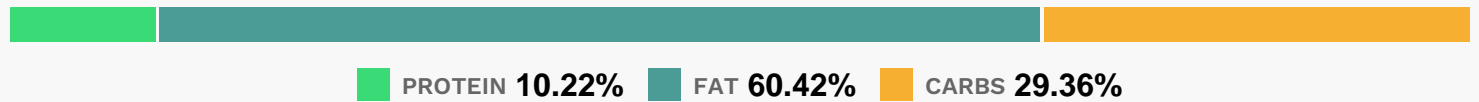
- frying pan

pot

## Directions

- Bring a large pot of water to a boil and drop in the green beans. Simmer over medium-high heat until beans are just barely cooked and still bright green, about 2 minutes.
- Drain immediately and rinse under cold water.
- Drain and set aside.
- Heat oil in a skillet over medium heat.
- Add drained beans, nuts, lemon zest, lemon juice, and thyme. Continue to cook until most of the juice has evaporated, about 3 minutes. Season with salt and fresh ground pepper.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:35.75, Glycemic Load:2.37, Inflammation Score:-8, Nutrition Score:10.075217485428%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg 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: 115.38kcal (5.77%), Fat: 8.53g (13.13%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 5.53g (2.01%), Sugar: 3.95g (4.39%), Cholesterol: 0mg (0%), Sodium: 7.18mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.49%), Vitamin K: 51.23µg (48.79%), Manganese: 0.52mg (25.8%), Vitamin C: 16.67mg (20.2%), Vitamin A: 808.96IU (16.18%), Fiber: 3.81g (15.22%), Folate: 45.02µg (11.26%), Magnesium: 41.1mg (10.27%), Vitamin B6: 0.2mg (10.19%), Copper: 0.2mg (10%), Iron: 1.51mg (8.39%), Potassium: 278.33mg (7.95%), Vitamin B1: 0.12mg (7.94%), Vitamin B2: 0.13mg (7.8%), Phosphorus: 69.26mg (6.93%), Vitamin E: 1.02mg (6.83%), Calcium: 53.64mg (5.36%), Vitamin B3: 0.93mg (4.65%), Zinc: 0.51mg (3.41%), Vitamin B5: 0.31mg (3.05%), Selenium: 1.05µg (1.51%)