



Marinated Dill Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



10

CALORIES



58 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 0.5 pound green beans fresh
- ☐ 1 garlic clove
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 cup olive oil
- ☐ 0.5 medium onion thinly sliced
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐ 2 tablespoons citrus champagne vinegar

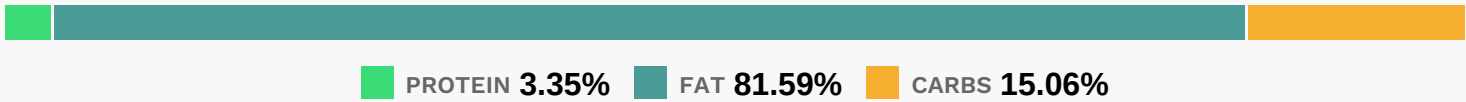
Equipment

☐ sauce pan

Directions

- ☐ Cook beans in boiling water to cover 3 to 5 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain and set aside.
- ☐ Heat oil and next 5 ingredients in a saucepan over medium heat.
- ☐ Combine beans, onion, and garlic; drizzle with warm vinaigrette, tossing to coat. Cover and chill at least 3 hours. Discard garlic clove.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:2.1708695901477%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 58.21kcal (2.91%), Fat: 5.46g (8.4%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 2.27g (0.76%), Net Carbohydrates: 1.52g (0.55%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 118.28mg (5.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Vitamin K: 13.11µg (12.49%), Vitamin E: 0.87mg (5.82%), Vitamin C: 3.55mg (4.3%), Manganese: 0.07mg (3.46%), Vitamin A: 157.77IU (3.16%), Fiber: 0.75g (2.98%), Folate: 8.59µg (2.15%), Vitamin B6: 0.04mg (2.14%), Potassium: 59.39mg (1.7%), Iron: 0.3mg (1.68%), Magnesium: 6.54mg (1.63%), Vitamin B2: 0.03mg (1.51%), Vitamin B1: 0.02mg (1.46%), Calcium: 11.02mg (1.1%), Phosphorus: 11.02mg (1.1%)