



Olive-Almond Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds toasted sliced
- 1 pound green beans trimmed
- 3 tablespoons kalamata olives pitted chopped
- 1 tablespoon lemon zest grated
- 1 tablespoon olive oil extra virgin extra-virgin
- 0.1 teaspoon salt

Equipment

- frying pan

sauce pan

Directions

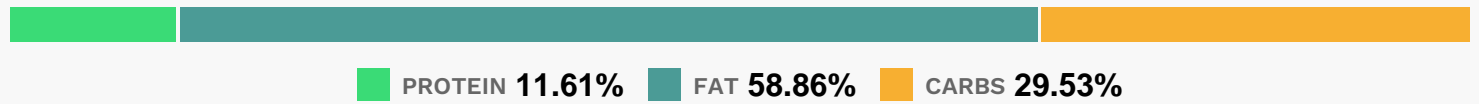
Cook green beans in boiling water in a large saucepan 3 minutes or until crisp-tender; drain well.

Heat a large skillet over medium heat.

Add olive oil to pan; swirl to coat.

Add green beans, almonds, olives, lemon rind, and salt. Cook bean mixture 2 minutes, tossing well.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:2.31, Inflammation Score:-7, Nutrition Score:11.186956421189%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 127.25kcal (6.36%), Fat: 9.13g (14.05%), Saturated Fat: 1g (6.26%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 5.77g (2.1%), Sugar: 4.18g (4.65%), Cholesterol: 0mg (0%), Sodium: 173.32mg (7.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Vitamin K: 50.95µg (48.53%), Vitamin E: 3.49mg (23.26%), Manganese: 0.45mg (22.47%), Vitamin C: 15.77mg (19.11%), Fiber: 4.54g (18.14%), Vitamin A: 806.87IU (16.14%), Magnesium: 53.37mg (13.34%), Vitamin B2: 0.22mg (13.03%), Folate: 41.73µg (10.43%), Copper: 0.18mg (8.95%), Potassium: 309.75mg (8.85%), Vitamin B6: 0.18mg (8.83%), Iron: 1.56mg (8.67%), Phosphorus: 86.5mg (8.65%), Vitamin B1: 0.11mg (7.56%), Calcium: 71.21mg (7.12%), Vitamin B3: 1.18mg (5.88%), Zinc: 0.56mg (3.72%), Vitamin B5: 0.3mg (3.03%), Selenium: 1.11µg (1.59%)