

Pesto Green Beans

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

170 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- ☐ 1 cup basil leaves packed
- ☐ 1 pound green beans fresh steamed trimmed
- ☐ 2 garlic cloves
- ☐ 3 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1 teaspoon salt

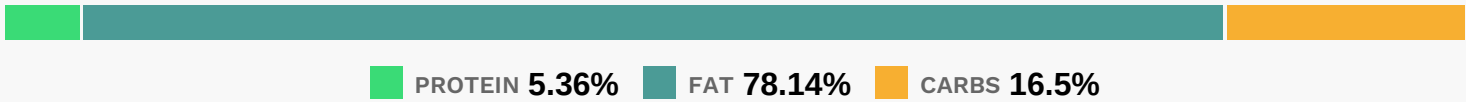
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Process basil, 1/4 cup pecans, olive oil, and next 3 ingredients in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Remove 1/2 cup pesto, and reserve for other uses. Toss hot green beans with remaining pesto; sprinkle with remaining 1/4 cup pecans.
- ☐ NOTE: Spoon leftover pesto into a airtight container; refrigerate up to 2 weeks, or freeze up to 3 months.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.65, Inflammation Score:-6, Nutrition Score:9.5947826686113%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 169.82kcal (8.49%), Fat: 15.75g (24.24%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 4.47g (1.62%), Sugar: 3.04g (3.37%), Cholesterol: 0mg (0%), Sodium: 392.7mg (17.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin K: 54.86µg (52.25%), Manganese: 0.64mg (31.83%), Vitamin C: 13.26mg (16.07%), Vitamin A: 738.26IU (14.77%), Fiber: 3.02g (12.08%), Vitamin E: 1.78mg (11.85%), Copper: 0.18mg (9.05%), Vitamin B1: 0.13mg (8.47%), Magnesium: 33.16mg (8.29%), Folate: 31.2µg (7.8%), Vitamin B6: 0.15mg (7.39%), Iron: 1.21mg (6.73%), Potassium: 220.46mg (6.3%), Phosphorus: 58.26mg (5.83%), Vitamin B2:

0.1mg (5.63%), Calcium: 44mg (4.4%), Zinc: 0.64mg (4.28%), Vitamin B3: 0.71mg (3.56%), Vitamin B5: 0.27mg (2.73%), Selenium: 0.96µg (1.37%)