



HEALTH SCORE

63%

## Potatoes and Green Beans with Lemon-Dill Sauce



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 teaspoon dillweed dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 pound green beans fresh trimmed
- ☐ 2 tablespoons juice of lemon
- ☐ 2 pounds new potatoes quartered
- ☐ 0.5 teaspoon pepper
- ☐ 1 extra large vegetable cube

☐ 2 cups water divided

Equipment

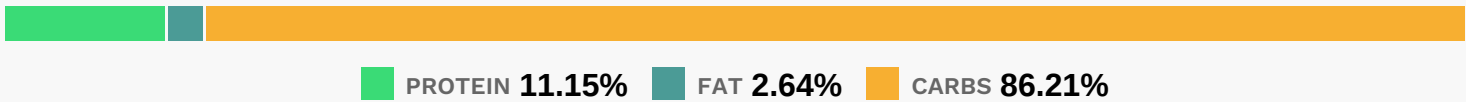
☐ frying pan

☐ whisk

Directions

- ☐ Bring 1 3/4 cups water and bouillon cube to a boil in a large skillet, stirring until cube dissolves; cool slightly.
- ☐ Whisk flour gradually into remaining 1/4 cup water; add to broth, and cook over medium-high heat, whisking constantly, 2 minutes or until mixture is slightly thickened.
- ☐ Reduce heat to medium; add potato, and cook, covered, 15 minutes.
- ☐ Add green beans, and cook, covered, 8 minutes or until crisp-tender. Stir in pepper, dillweed, and lemon juice.
- ☐ Serve immediately.
- ☐ \* For testing purposes only, we used Knorr Vegetarian Vegetable Bouillon.

Nutrition Facts



Properties

Glycemic Index:59.19, Glycemic Load:32.22, Inflammation Score:-7, Nutrition Score:16.047826051712%

Flavonoids

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 Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 211.7kcal (10.58%), Fat: 0.64g (0.99%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 47.35g (15.78%), Net Carbohydrates: 40.61g (14.77%), Sugar: 3.89g (4.32%), Cholesterol: 0mg (0%), Sodium: 193.25mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Vitamin C: 54.53mg (66.1%), Vitamin B6: 0.76mg

(37.79%), Potassium: 1091.57mg (31.19%), Vitamin K: 29.11µg (27.72%), Fiber: 6.74g (26.94%), Manganese: 0.53mg (26.51%), Magnesium: 69.51mg (17.38%), Vitamin B1: 0.26mg (17.31%), Folate: 63.4µg (15.85%), Copper: 0.31mg (15.66%), Phosphorus: 156.2mg (15.62%), Vitamin B3: 3.04mg (15.2%), Iron: 2.59mg (14.38%), Vitamin B2: 0.15mg (8.93%), Vitamin B5: 0.83mg (8.29%), Vitamin A: 401.23IU (8.02%), Zinc: 0.84mg (5.6%), Calcium: 54.98mg (5.5%), Selenium: 2.31µg (3.3%), Vitamin E: 0.27mg (1.81%)