



Roasted Green Beans with Almond Brittle



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup natural almonds whole roughly chopped
- ☐ 1 pound green beans fresh trimmed
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup sugar

Equipment

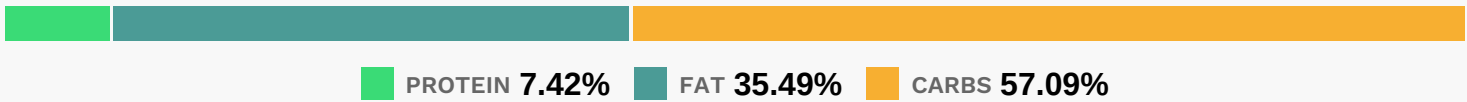
- ☐ baking sheet
- ☐ sauce pan

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Place green beans in a baking pan and toss with olive oil and 1/4 teaspoon salt.
- ☐ Place almonds on a baking sheet. Roast almonds and green beans for 10 minutes. Set almonds aside. Cover green beans with foil and roast for an additional 30 minutes.
- ☐ While green beans are roasting, make the brittle. Spray a sheet of foil with cooking spray and set aside.
- ☐ Place sugar and 1/2 cup water in a small, very clean saucepan, ensuring sugar is completely covered with water. Turn heat to high and bring to a simmer.
- ☐ Let caramelize until deep, golden brown, watching constantly as this happens fairly quickly. Stir in chopped almonds, still warm from the oven.
- ☐ Spread this sticky brittle on prepared foil.
- ☐ Sprinkle with remaining 1/4 teaspoon salt and let cool.
- ☐ Combine green beans and almond brittle then serve.

Nutrition Facts



Properties

Glycemic Index:31.52, Glycemic Load:19.79, Inflammation Score:-7, Nutrition Score:11.793043504591%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.15mg, Myricetin: 0.15mg,

Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 231.34kcal (11.57%), Fat: 9.78g (15.04%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 35.38g (11.79%), Net Carbohydrates: 30.83g (11.21%), Sugar: 29.17g (32.41%), Cholesterol: 0mg (0%), Sodium: 297.93mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Vitamin K: 50.87µg (48.45%), Vitamin E: 4.02mg (26.8%), Manganese: 0.52mg (25.95%), Fiber: 4.55g (18.21%), Vitamin C: 13.83mg (16.77%), Vitamin A: 782.57IU (15.65%), Vitamin B2: 0.26mg (15.21%), Magnesium: 60.53mg (15.13%), Folate: 42.66µg (10.67%), Copper: 0.2mg (10.15%), Phosphorus: 100.41mg (10.04%), Potassium: 327.21mg (9.35%), Iron: 1.64mg (9.14%), Vitamin B6: 0.18mg (8.81%), Vitamin B1: 0.12mg (7.83%), Calcium: 74.48mg (7.45%), Vitamin B3: 1.26mg (6.32%), Zinc: 0.65mg (4.31%), Vitamin B5: 0.31mg (3.11%), Selenium: 1.32µg (1.89%)