



## Rosemary Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



63 kcal

SIDE DISH

### Ingredients

- 1 pound green beans fresh trimmed
- 2 teaspoons rosemary fresh chopped
- 0.3 cup green onions sliced
- 2 teaspoons lemon rind grated
- 1 teaspoon olive oil
- 0.3 cup pecans toasted chopped
- 6 servings garnish: rosemary sprigs fresh
- 0.5 teaspoon salt divided

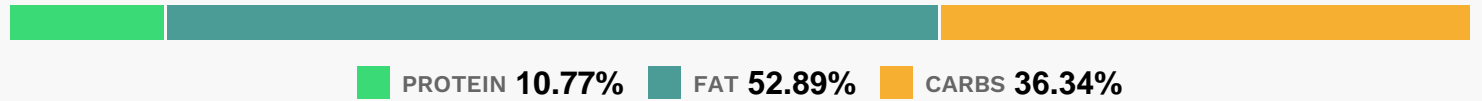
## Equipment

- frying pan
- steamer basket

## Directions

- Sprinkle green beans evenly with 1/4 tsp. salt, and place in a steamer basket over boiling water; cover and steam 10 minutes or until crisp-tender. Plunge green beans into ice water to stop the cooking process, and drain.
- Saut green onions and rosemary in hot oil in a nonstick skillet over medium-high heat 2 to 3 minutes or until softened.
- Add green beans, pecans, lemon rind, and remaining 1/4 tsp. salt, stirring until thoroughly heated.
- Garnish, if desired, and serve immediately.
- Mary Pappas, Richmond, Virginia

## Nutrition Facts



## Properties

Glycemic Index:26.33, Glycemic Load:1.58, Inflammation Score:-5, Nutrition Score:7.0539130620334%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

## Nutrients (% of daily need)

Calories: 62.73kcal (3.14%), Fat: 4.13g (6.35%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 3.68g (1.34%), Sugar: 2.77g (3.08%), Cholesterol: 0mg (0%), Sodium: 199.1mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin K: 41.69µg (39.71%), Manganese: 0.38mg (18.85%), Vitamin C: 10.98mg (13.31%), Vitamin A: 570.15IU (11.4%), Fiber: 2.7g (10.81%), Folate: 29.04µg (7.26%), Magnesium: 25.58mg (6.4%), Vitamin B1: 0.1mg (6.35%), Vitamin B6: 0.12mg (6.08%), Copper: 0.11mg (5.58%), Iron: 1mg (5.54%), Potassium: 191.93mg (5.48%), Vitamin B2: 0.09mg (5.23%), Phosphorus: 43.02mg (4.3%), Calcium: 36.56mg (3.66%), Vitamin E: 0.49mg (3.29%), Vitamin B3: 0.63mg (3.17%), Zinc: 0.41mg (2.73%), Vitamin B5: 0.21mg (2.15%)