



Snow on the Mountain Green Beans



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.5 cup feta cheese crumbled
- ☐ 2 pounds green beans fresh
- ☐ 1.5 tablespoons juice of lemon
- ☐ 8 servings sea salt and ground pepper black to taste

Equipment

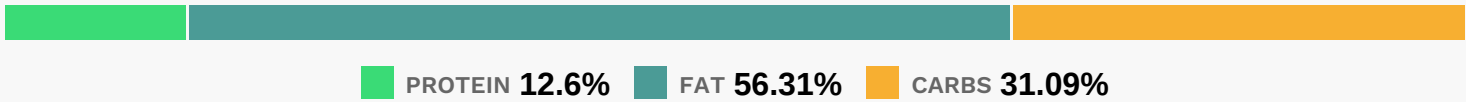
- ☐ frying pan

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add green beans, and cook uncovered until just tender, 3 to 4 minutes. Meanwhile, melt the butter with the olive oil in a large skillet over medium-high heat. When the beans are almost tender, drain and add to the skillet. Continue cooking the green beans in the butter until they are tender, about 2 minutes more.
- ☐ Season the beans with salt, pepper, and lemon juice.
- ☐ Place onto a warmed serving dish, and sprinkle with crumbled feta cheese.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:2.34, Inflammation Score:-7, Nutrition Score:9.3373913764954%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 101.43kcal (5.07%), Fat: 6.86g (10.56%), Saturated Fat: 3.35g (20.92%), Carbohydrates: 8.53g (2.84%), Net Carbohydrates: 5.43g (1.98%), Sugar: 3.77g (4.19%), Cholesterol: 15.87mg (5.29%), Sodium: 136.27mg (5.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Vitamin K: 50.39µg (47.99%), Vitamin A: 910.19IU (18.2%), Vitamin C: 14.92mg (18.09%), Manganese: 0.26mg (13.03%), Fiber: 3.1g (12.38%), Vitamin B2: 0.2mg (11.7%), Folate: 41.11µg (10.28%), Vitamin B6: 0.2mg (10.07%), Calcium: 89.65mg (8.96%), Magnesium: 30.54mg (7.64%), Phosphorus: 75.91mg (7.59%), Vitamin B1: 0.11mg (7.23%), Potassium: 250.17mg (7.15%), Iron: 1.25mg (6.95%), Vitamin E: 0.82mg (5.47%), Vitamin B3: 0.93mg (4.65%), Copper: 0.08mg (4.15%), Zinc: 0.55mg (3.65%), Vitamin B5: 0.35mg (3.55%), Selenium: 2.13µg (3.04%), Vitamin B12: 0.16µg (2.74%)