



 18%
HEALTH SCORE

Summer Beans with Preserved Lemon, Almonds, and Rosemary

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



106 kcal

SIDE DISH

Ingredients

- 0.3 cup almonds sliced
- 1 garlic clove minced
- 2 tablespoons rosemary leaves fresh finely chopped
- 3 simple preserved lemons (see notes)
- 1.5 pounds turtle beans green yellow
- 2 tablespoons olive oil extra virgin extra-virgin
- 6 servings pepper black freshly ground

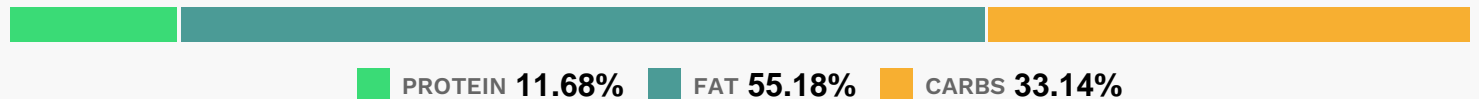
Equipment

- bowl
- frying pan

Directions

- In a 5- to 6-quart pan over medium-low heat, toast almonds, stirring until golden, 5 to 8 minutes.
- Remove from pan.
- Add about 2 quarts water to pan and bring to a boil over high heat. Meanwhile, rinse beans and trim off stem ends.
- Add beans to boiling water and cook just until barely tender to bite, 3 to 6 minutes.
- Drain and rinse with cold water until cool.
- Rinse preserved lemon thoroughly under running water; discard seeds and pulp. Finely chop lemon and put in a large bowl. Stir in rosemary, olive oil, and garlic, then add beans and salt and pepper to taste.
- Just before serving, mix in almonds.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.62, Inflammation Score:-5, Nutrition Score:6.1839129963647%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 106.29kcal (5.31%), Fat: 6.85g (10.54%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 6.94g (2.52%), Sugar: 0.19g (0.21%), Cholesterol: 0mg (0%), Sodium: 7.21mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.53%), Vitamin C: 24.11mg (29.23%), Folate: 115.84µg (28.96%), Vitamin E: 1.65mg (11.03%), Magnesium: 41.87mg (10.47%), Fiber: 2.33g (9.33%), Iron: 1.48mg (8.21%), Potassium: 272.93mg (7.8%), Calcium: 64.85mg (6.48%), Phosphorus: 62.89mg (6.29%), Copper: 0.12mg (6.18%), Manganese: 0.12mg (5.76%), Zinc: 0.59mg (3.91%), Vitamin K: 2.98µg (2.84%), Vitamin B2: 0.05mg (2.67%)