



Tiny Green Beans Amandine

 Vegetarian  Gluten Free  Low Fod Map

READY IN



15 min.

SERVINGS



2

CALORIES



143 kcal

SIDE DISH

Ingredients

- 2 tablespoons almonds sliced
- 1 tablespoon butter
- 0.5 pound tiny green beans (haricots verts)
- 2 servings salt and pepper to taste

Equipment

- frying pan

Directions

- Cook beans in boiling salted water 5 minutes or until crisp-tender; drain.
- Melt butter in a medium skillet over medium heat until hot; add almonds, and saut 2 minutes or until golden.
- Add beans to skillet; saut 2 minutes.
- Sprinkle beans with salt and pepper to taste.
- Serve immediately.

Nutrition Facts

PROTEIN 10.94% **FAT 63.17%** **CARBS 25.89%**

Properties

Glycemic Index:53, Glycemic Load:2.32, Inflammation Score:-7, Nutrition Score:11.188695610217%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 143.24kcal (7.16%), Fat: 10.92g (16.79%), Saturated Fat: 4.03g (25.22%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 5.76g (2.09%), Sugar: 4.14g (4.6%), Cholesterol: 15.05mg (5.02%), Sodium: 245.7mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.51%), Vitamin K: 49.25µg (46.91%), Manganese: 0.47mg (23.7%), Vitamin E: 3.19mg (21.25%), Vitamin A: 957.48IU (19.15%), Fiber: 4.31g (17.25%), Vitamin C: 13.83mg (16.77%), Magnesium: 55.49mg (13.87%), Vitamin B2: 0.23mg (13.78%), Folate: 42.03µg (10.51%), Phosphorus: 92.87mg (9.29%), Copper: 0.18mg (9.07%), Potassium: 314.29mg (8.98%), Vitamin B6: 0.17mg (8.69%), Iron: 1.54mg (8.57%), Vitamin B1: 0.11mg (7.59%), Calcium: 70.66mg (7.07%), Vitamin B3: 1.2mg (5.99%), Zinc: 0.59mg (3.94%), Vitamin B5: 0.31mg (3.1%), Selenium: 1.16µg (1.66%)