



Toasted Almond Green Beans



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



168 kcal

Ingredients

- ☐ 3 tablespoons dairy-free margarine divided (can sub olive oil, if desired)
- ☐ 29 ounces cut green beans cooked drained canned (or 1-)
- ☐ 0.3 teaspoon ground cumin
- ☐ 1.5 teaspoons juice of lemon
- ☐ 6 servings salt and pepper to taste
- ☐ 3 ounces slivered almonds
- ☐ 1 tablespoon worcestershire sauce

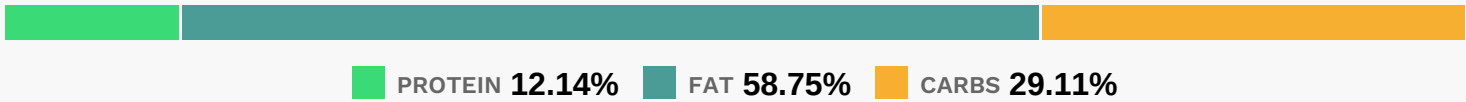
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add the almonds and cook 2 to 3 minutes, stirring frequently, or until golden (watch carefully to ensure that they don't burn).
- ☐ Add 2 tablespoons of the margarine margarine, Worcestershire, lemon juice and cumin. Cook until the margarine has melted, stirring constantly.
- ☐ Remove the almonds to a plate.Melt the remaining margarine in the same skillet over medium-high heat.
- ☐ Add the beans, and cook 2 minutes, stirring occasionally.
- ☐ Remove from heat and season to taste with salt and pepper.
- ☐ Sprinkle almond mixture over beans. Toss and let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:2.82, Inflammation Score:-8, Nutrition Score:14.86391281045%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 168.13kcal (8.41%), Fat: 11.92g (18.34%), Saturated Fat: 1.78g (11.11%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 7.81g (2.84%), Sugar: 5.4g (6%), Cholesterol: 0mg (0%), Sodium: 284.36mg (12.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.08%), Vitamin K: 62.84µg (59.85%), Vitamin E: 5.55mg (37.01%), Manganese: 0.62mg (31.16%), Vitamin A: 1216.3IU (24.33%), Fiber: 5.48g (21.94%), Vitamin C: 17.58mg (21.3%),

Magnesium: 73.28mg (18.32%), Vitamin B2: 0.31mg (18.13%), Folate: 51.94µg (12.98%), Copper: 0.25mg (12.36%), Phosphorus: 122.75mg (12.27%), Potassium: 420.46mg (12.01%), Iron: 2.15mg (11.92%), Vitamin B6: 0.21mg (10.68%), Vitamin B1: 0.14mg (9.61%), Calcium: 92.83mg (9.28%), Vitamin B3: 1.54mg (7.72%), Zinc: 0.78mg (5.21%), Vitamin B5: 0.38mg (3.76%), Selenium: 1.42µg (2.03%)