



WHATSheATE



White and Green Beans



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



219 kcal

SIDE DISH

Ingredients

- ☐ 1 pound green beans cut into 1- to 1 1/2- inch pieces
- ☐ 2 tablespoons butter melted
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons dijon mustard
- ☐ 2 teaspoons honey
- ☐ 0.5 teaspoon lemon pepper
- ☐ 0.3 teaspoon salt
- ☐ 15 ounces navy beans rinsed drained canned

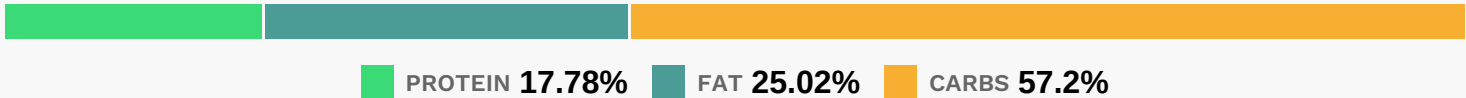
Equipment

☐ sauce pan

Directions

- ☐ Heat 1 inch water (salted if desired) to boiling in 3-quart saucepan.
- ☐ Add green beans. Boil uncovered 6 to 8 minutes or until crisp-tender; drain.
- ☐ Stir in remaining ingredients. Cook over medium heat about 5 minutes, stirring occasionally, until hot.

Nutrition Facts



Properties

Glycemic Index:40.57, Glycemic Load:3.77, Inflammation Score:-8, Nutrition Score:15.864782462625%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 219.23kcal (10.96%), Fat: 6.44g (9.91%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 33.14g (11.05%), Net Carbohydrates: 24.47g (8.9%), Sugar: 7g (7.78%), Cholesterol: 0mg (0%), Sodium: 722.16mg (31.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.6%), Vitamin K: 52.29µg (49.8%), Fiber: 8.67g (34.69%), Manganese: 0.69mg (34.48%), Folate: 104.44µg (26.11%), Vitamin A: 1036.2IU (20.72%), Magnesium: 80.45mg (20.11%), Vitamin C: 16.07mg (19.48%), Phosphorus: 190.69mg (19.07%), Iron: 3.22mg (17.88%), Vitamin B1: 0.25mg (16.63%), Potassium: 561.17mg (16.03%), Copper: 0.31mg (15.33%), Vitamin B6: 0.28mg (13.75%), Selenium: 7.74µg (11.06%), Vitamin B2: 0.18mg (10.76%), Vitamin E: 1.53mg (10.19%), Calcium: 97.23mg (9.72%), Zinc: 1.12mg (7.46%), Vitamin B3: 1.38mg (6.88%), Vitamin B5: 0.46mg (4.62%)