



Zesty Green Beans



Vegetarian



Gluten Free

Image not found or type unknown

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

42 kcal

SIDE DISH

Ingredients



1 tablespoon butter



1 pound green beans fresh



1 garlic clove minced



1 tablespoon juice of lemon fresh



1 teaspoon pepper



1 tablespoon salt

Equipment

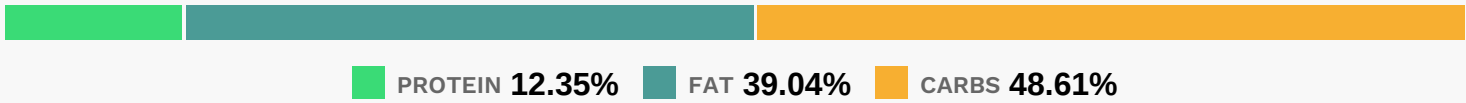


frying pan

Directions

- ☐ Cook 1 pound fresh green beans, trimmed, in boiling water to cover 4 minutes or until crisp-tender; drain. Plunge beans into ice water to stop the cooking process; drain. Melt 1 tablespoon butter in a large skillet over medium-high heat.
- ☐ Add 1 minced garlic clove; saut 1 minute. Stir in beans, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Cook 4 minutes or until hot.
- ☐ Drizzle with 1 tablespoon fresh lemon juice just before serving.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:1.57, Inflammation Score:-5, Nutrition Score:5.6278260742193%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 42.3kcal (2.11%), Fat: 2.08g (3.2%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 3.68g (1.34%), Sugar: 2.54g (2.82%), Cholesterol: 5.02mg (1.67%), Sodium: 1182.46mg (51.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin K: 33.22µg (31.64%), Vitamin C: 10.35mg (12.54%), Vitamin A: 581.96IU (11.64%), Manganese: 0.22mg (10.87%), Fiber: 2.14g (8.57%), Folate: 25.59µg (6.4%), Vitamin B6: 0.12mg (5.75%), Magnesium: 19.82mg (4.96%), Potassium: 169.32mg (4.84%), Vitamin B2: 0.08mg (4.76%), Iron: 0.83mg (4.62%), Vitamin B1: 0.06mg (4.27%), Calcium: 31.78mg (3.18%), Phosphorus: 30.78mg (3.08%), Copper: 0.06mg (2.97%), Vitamin B3: 0.57mg (2.83%), Vitamin E: 0.37mg (2.48%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.2mg (1.32%)