

GREEN BEANS ALMONDINE

Ingredients

- 1 15oz can of green beans
- 2 Tablespoons slivered almonds
- 2 Tablespoons of butter or margarine
- 1 Teaspoon lemon juice

Recipe taken from:

<https://www.geniuskitchen.com/recipe/green-beans-almondine-14804>



Instructions

1. Heat the green beans covered in a small amount of boiling salted water until crisp-tender.
2. Drain the water from the green beans.
3. Heat the almonds in butter (or margarine), stirring occasionally, until almonds are golden.
4. Remove the almonds from heat and add the lemon juice.
5. Pour the cooked almonds over the beans and serve!

NUTRITION INFO

Serving Size: 1 (83 g)

Servings Per Recipe: 6

AMT. PER SERVING % DAILY VALUE

Calories 70.5

Calories from Fat 46 65%

Total Fat 5.1 g 7%

Saturated Fat 2.5 g 12%

Cholesterol 10.2 mg 3%

Sodium 38.4 mg 1%

Total Carbohydrate 5.8 g 1%

Dietary Fiber 2.3 g 9%

Sugars 2.6 g 10%

Protein 1.9 g 3%