

Green Beans Amandine

1 lb green beans, fresh 2 oz extra virgin Olive Oil
1/4 cup almonds, toasted 1 pinch salt, to taste
2 oz melted butter, as needed 1 pinch pepper, to taste



Procedure

- 1 Steam green beans until al dente.
- 2 Remove from steamer place in hotel pan, add toasted almonds, melted butter, olive oil, salt and pepper to taste.
- 3 Toss together thoroughly and serve immediately.

Servings: 10

Nutrition Facts

Serving size: 1/10 of a recipe (2.1 ounces).

Amount Per Serving	
Calories	124.98
Calories From Fat (85%)	105.86
% Daily Value	
Total Fat 12.1g	19%
Saturated Fat 3.85g	19%
Cholesterol 12.2mg	4%
Sodium 32.65mg	1%
Potassium 122.76mg	4%
Total Carbohydrates 3.95g	1%
Fiber 1.62g	6%
Sugar 1.65g	
Protein 1.61g	3%

Recipe Type

Side Dishes

Source

Author: Dean V. Messina