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## Green Beans with Crushed Almonds

Green Beans with Crushed Almonds is a delicious vegetarian recipe that can be enjoyed as a side dish or a main course. The recipe combines fresh green beans with a crunchy almond topping, creating a flavorful and nutritious dish. It is a perfect addition to any meal and can be served hot or cold.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	Green beans
100 g	almonds
2 tbsp	olive oil
2 cloves	garlic

1  
teaspoon salt

0.5  
teaspoon black pepper

## Directions

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### Step 1

Boiling

Trim the ends of the green beans and blanch them in boiling water for 3 minutes. Drain and set aside.

**Prep Time:** 5 mins

**Cook Time:** 3 mins

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### Step 2

Sautéing

In a pan, heat olive oil over medium heat. Add minced garlic and cook until fragrant.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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### Step 3

Sautéing

Add blanched green beans to the pan and season with salt and black pepper. Cook for 5 minutes, stirring occasionally.

**Prep Time:** 1 mins

**Cook Time:** 5 mins

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## Step 4

Grinding

Meanwhile, crush almonds using a food processor or a mortar and pestle.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Sautéing

Sprinkle crushed almonds over the cooked green beans and toss to combine. Cook for an additional 2 minutes.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 6

Serve hot or cold as a side dish or a main course.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 11 g

**Protein:** 5 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	11 g	39.29%	44%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	8 mg	0.8%	0.8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Picnic

### Cuisines

Chinese

### Course

Salads Snacks

### Cultural

Chinese New Year Diwali Easter

### Demographics

Senior Friendly Diabetic Friendly Heart Healthy

### Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Vegetarian Diet

Raw Food Diet

Anti-Inflammatory Diet

### Cooking Method

Boiling

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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