

Green Bean-Walnut Saute'

Publix Aprons
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Servings: 6

1 1/2 pounds fresh green beans,
trimmed
1 cup chopped walnuts
3 tablespoons extra-virgin olive oil
1 tablespoon chunky garlic blend
paste
1/2 teaspoon crushed red pepper
4 tablespoons balsamic vinegar
1 teaspoon smokehouse maple
seasoning

Cook the green beans following the package instructions.

Preheat a large, nonstick saute' pan on medium for 1 to 2 minutes. Add the walnuts to the pan. Cook and stir for 1 to 2 minutes or until toasted. Remove from the pan. Place in a large bowl.

Place the oil, garlic and red pepper in the same pan. Cook for 1 to 2 minutes, stirring frequently, or until the garlic starts to brown slightly. Transfer to the bowl with the walnuts.

Whisk the balsamic vinegar into the walnut mixture. Add the beans and seasoning. Toss to coat. Serve.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 188 Calories; 19g Fat (83.5% calories from fat); 5g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 3 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	188	Vitamin B6 (mg):	.1mg
% Calories from Fat:	83.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	6.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	10.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	19g	Folacin (mcg):	14mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	8g
Cholesterol (mg):	0mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	trace
Potassium (mg):	121mg
Calcium (mg):	13mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	70IU
Vitamin A (r.e.):	7RE

Alcohol (kcal):	0
% Refuse:	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	188	Calories from Fat:	157
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% Daily Values*

Total Fat	19g	29%
Saturated Fat	2g	8%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	4%
Protein	5g	
Vitamin A		1%
Vitamin C		1%
Calcium		1%
Iron		4%

* Percent Daily Values are based on a 2000 calorie diet.