

# Green Beans with Almonds

Target Stores  
Food Network Magazine

**Servings: 8**

*Kosher salt*  
*2 pounds green beans, trimmed and halved*  
*2 tablespoons unsalted butter*  
*1/2 cup sliced almonds*  
*pinch nutmeg*  
*freshly ground pepper*

Bring a large pot of salted water to a boil. Add the green beans. Cook until tender, about 3 minutes. Drain. Rinse under cold water.

Meanwhile, in a large skillet over medium heat, melt the butter. Add the almonds. Cook until golden, about 2 minutes. Add the nutmeg.

Meanwhile, stir the green beans and two tablespoons of water into the skillet. Season with salt and pepper. Cook until warmed through, 2 minutes.

Start to Finish Time: 10 minutes

Per Serving (excluding unknown items): 109 Calories; 8g Fat (58.2% calories from fat); 4g Protein; 9g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	109	Vitamin B6 (mg):	.1mg
% Calories from Fat:	58.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	29.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	12.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	8g	Folacin (mcg):	40mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	8mg	% Refuse:	0.0%
Carbohydrate (g):	9g	<b>Food Exchanges</b>	
Dietary Fiber (g):	4g	Grain (Starch):	0

**Protein (g):** 4g  
**Sodium (mg):** 7mg  
**Potassium (mg):** 278mg  
**Calcium (mg):** 60mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 16mg  
**Vitamin A (i.u.):** 776IU  
**Vitamin A (r.e.):** 93 1/2RE

**Lean Meat:** 0  
**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 109      **Calories from Fat:** 64

### % Daily Values\*

<b>Total Fat</b>	8g	12%
Saturated Fat	2g	11%
<b>Cholesterol</b>	8mg	3%
<b>Sodium</b>	7mg	0%
<b>Total Carbohydrates</b>	9g	3%
Dietary Fiber	4g	16%
<b>Protein</b>	4g	

<b>Vitamin A</b>	16%
<b>Vitamin C</b>	27%
<b>Calcium</b>	6%
<b>Iron</b>	8%

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