

# Lidia's Mint String Beans

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## Servings: 6

*1 pound string beans, trimmed*

*3 tablespoons salted butter*

*1 loosely packed cup fresh mint,  
chopped*

*Kosher salt*

Bring a large pot of water to a boil. Add the beans and blanch until tender, 8 to 10 minutes. Transfer to a bowl of ice water.

Meanwhile, in a large skillet over medium heat, melt the butter. Add the mint and 1/4 teaspoon of salt. Add the drained, blanched beans. Toss, and cook for a minute to coat the beans with butter and blend the flavors. Taste, and add salt as needed.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 24 Calories; trace Fat (2.8% calories from fat); 1g Protein; 5g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 Vegetable.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	24
% Calories from Fat:	2.8%
% Calories from Carbohydrates:	77.4%
% Calories from Protein:	19.7%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	5g
Dietary Fiber (g):	3g
Protein (g):	1g
Sodium (mg):	5mg
	162mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	29mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1

**Potassium (mg):**  
**Calcium (mg):** 30mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 12mg  
**Vitamin A (i.u.):** 544IU  
**Vitamin A (r.e.):** 54 1/2RE

**Fruit:**  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 24 Calories from Fat: 1

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	5mg	0%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	3g	11%
<b>Protein</b>	1g	

<b>Vitamin A</b>	11%
<b>Vitamin C</b>	21%
<b>Calcium</b>	3%
<b>Iron</b>	5%

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