

Side Dish

# Almond Green Beans

Sue Bee Honey

Internet address: <http://www.suebee.com/>

Servings: 4

1 16-ounce package frozen green beans

1/2 cup water

1/4 cup Sue Bee Honey

1/2 cup slivered almonds, toasted

1/2 teaspoon garlic powder

2 teaspoons lemon juice

1 teaspoon salt

1 teaspoon pepper

To toast almonds, place on cookie sheet and roast at 350 degrees for several minutes until lightly browned. Do not overbake.

Mix all ingredients in a 2 quart saucepan and bring to a boil. Continue boiling 5 to 10 minutes or until beans are tender.

*Per Serving (excluding unknown items): 183 Calories; 7g Fat (31.3% calories from fat); 5g Protein; 30g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 584mg Sodium; 20g Total Sugars; 0mcg Vitamin D; 89mg Calcium; 2mg Iron; 336mg Potassium; 105mg Phosphorus. Exchanges: .*

<b>Nutrition Facts</b>	
4 servings per recipe	
<b>Amount per serving</b>	
<b>Calories</b>	<b>183</b>
<b>% Daily Values*</b>	
<b>Total Fat: 7g</b>	11%
Saturated Fat: 1g	3%
<b>Cholesterol: 0mg</b>	0%
<b>Sodium: 584mg</b>	25%
<b>Total Carbohydrate: 30g</b>	10%
Dietary Fiber: 5g	19%
Total Sugars: 20g	
Includes 0g Added Sugars	
<b>Protein: 5g</b>	
Vitamin D: 0mcg	0%
Calcium: 89mg	7%
Iron: 2mg	9%
Potassium: 336mg	7%

\*The Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

## **Nutritional Analysis**

Calories (kCal): 183

% Calories from Fat: 31.3%

% Calories from Carbohydrates: 58.7%

% Calories from Protein: 10.1%

Total Fat: 7g

Trans Fat: trace

*Total Trans Monoenic Fat: trace*

*Total Trans Polyenoic Fat: trace*

Saturated Fat: 1g

Monosaturated: 4g

Polyunsaturated: 2g

Total Carbohydrate: 30g

Dietary Fiber: 5g

Total Sugars: 20g

*Sucrose: 1g*

*Glucose: 9g*

*Fructose: 10g*

*Lactose: 0g*

*Maltose: trace*

*Galactose: 1g*

Includes 0g Added Sugars

Sugar Alcohol: 0g

Protein: 5g

Cholesterol: 0mg

Ash: 3g

Water: 138g

Starch: 2g

### **MINERALS:**

Calcium: 89mg

Copper: trace

Iron: 2mg

Magnesium: 64mg

Manganese: 1mg

Phosphorus: 105mg

Potassium: 336mg

Selenium: 2mcg

Sodium: 584mg

Zinc: 1mg

### **VITAMINS:**

Betaine: trace

Carotene Alpha: 82mcg

Carotene Beta: 333mcg

Choline: 8mg

Cryptoxanthin Beta: trace

Dihydrophyllloquinone: 0mcg

Folacin: 0mcg

Folate DFE: 24mcg

Folate Food: 24mcg

Folate Total: 24mcg

Lutein Zeaxanthin: 755mcg

Lycopene: trace

Menaquinone: 0mcg

Niacin: 1mg

Pantothenic Acid: trace

Retinol: 0mcg

Tocopherol Beta: trace

Tocopherol Delta: trace

Tocopherol Gamma: trace

Tocotrienol Alpha: trace

Tocotrienol Beta: 0mg

Tocotrienol Delta: 0mg

Tocotrienol Gamma: 0mg

Vitamin A (RE): 31RE

Vitamin A (IU): 624IU

Vitamin B1 (Thiamin): .1mg

Vitamin B2 (Riboflavin): .3mg

Vitamin B6: .1mg

Vitamin B12: 0mcg

Vitamin B 12 Added: 0mcg

Vitamin C: 16mg

Vitamin D (mcg): 0mcg

Vitamin D (IU): 0IU

Vitamin D2: 0mcg

Vitamin E: 4mg

Vitamin E (added): 0mg

Vitamin K: 52mcg

Vitamin D3: 0mcg

### **AMINO ACIDS:**

Alanine: trace

Arginine: trace

Aspartic Acid: 1g

Cystine: trace

Glutamic Acid: 1g

Glycine: trace

Histidine: trace

Hydroxyproline: 0g

Isoleucine: trace

Leucine: trace

Lysine: trace

Methionine: trace

Phenylalanine: trace

Proline: trace

Serine: trace

Threonine: trace

Tryptophan: trace

Tyrosine: trace

Valine: trace

### **OTHERS:**

Alcohol Cals: 0

Beta Sitosterol: 18mg

Caffeine: 0mg

Campesterol: 1mg

Fluoride: 23mcg

Phytosterols: 1mg

Stigmasterol: 1mg

Theobromine: 0mg

### **FOOD EXCHANGES:**

Starch Exchanges: 0

Meat Exchanges: 0

Milk Exchanges: 0

Vegetable Exchanges: 0

Fruit Exchanges: 0

Fat Exchanges: 0

Other Carb Exchanges: 0