



Classic Green Beans Almondine

Servings
8

Calories
130

Prep Time
2 minutes

Total Time
10 minutes

Skill Level
Easy

Ingredients

- 2 (12 ounces) packages Mann's Green Beans
- 4 ounces almonds, sliced
- 2 tablespoons butter
- salt and pepper to taste



The Method

Sauté almonds in butter until lightly browned, do not burn. Steam the green beans for 5 minutes and drain. Toss with almonds and season with salt and pepper before serving.

Nutrition Facts

Serving Size: 103g | Servings: 8

Amount Per Serving

Calories 130 | Calories from Fat 90 | Total Fat 10g (sat fat 2.5g trans 0g) | Cholesterol 10mg | Sodium 5mg | Total Carbohydrate 9g | Dietary Fiber 4g | Sugars 3g | Protein 5g | Vitamin A 15% | Vitamin C 15% | Calcium 8% | Iron 8%