

Green Beans with Lemon and Almonds

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 10.2 g, Fiber: 3.7 g, **Net carbs: 6.5 g**,

Protein: 3.5 g, Fat: 9.8 g, Calories: 131 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 1 lb fresh green beans, trimmed (450g)
- 1-2 tbsp freshly squeezed juice from organic lemon (36g / 1.3 oz)
- 1/2 tsp unrefined [sea salt](#) (or to taste)
- 2 tbsp organic [extra virgin olive oil](#)
- 4 garlic cloves, peeled and thinly sliced
- 1/3 cup sliced organic [almonds](#) (80 ml)

Instructions

- Let's take a look how to make this simple but scrumptious side dish. Use trimmed, fresh green beans and steam them until crisp-tender. In case you cannot get fresh beans, use frozen, defrosted green beans (you might have to cook them quickly, just follow the instructions in the package). When you have steamed the beans and they are still warm, take a large bowl. In the bowl, place the steamed green beans...
- ...lemon juice...
- ...and the salt.
- Toss well and set aside.
- Heat a skillet over medium heat. Place the olive oil in the skillet.
- Add the almonds to the hot olive oil.
- Cook and mix until the almonds have got some color.
- Add the garlic for the rest of the 30 seconds.
- Continue cooking until the garlic is golden brown. Don't add the garlic too early, as it easily turns too brown and gets burned flavor if fried too long. It also loses much of its nutrients if cooked more than 60 seconds.
- Add the garlic and almond mixture in the bean salad.
- Toss well.
- Serve immediately.

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