



WHATSheATE



Asian Green Bean Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



114 kcal

SIDE DISH

Ingredients



1.5 cups bean sprouts fresh rinsed



1 tablespoon ginger fresh minced



1 teaspoon garlic minced



2 pounds green beans ends trimmed



1 teaspoon honey



0.5 cup onion red rinsed drained thinly sliced



0.3 cup rice vinegar



2 tablespoons sesame oil toasted

- ☐ 2 teaspoons sesame seed toasted
- ☐ 1 tablespoons soya sauce

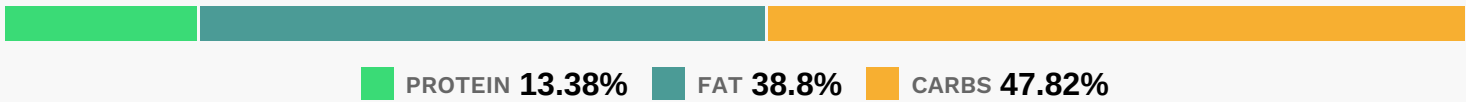
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 6-quart pan over high heat, bring 3 quarts water to a boil.
- ☐ Add beans and cook until tender-crisp to bite, 3 to 5 minutes.
- ☐ Drain, immerse in ice water until cool, and drain again.
- ☐ In a serving bowl, mix vinegar, sesame oil, soy sauce to taste, ginger, sesame seeds, garlic, and honey.
- ☐ Add green beans, onion, and bean sprouts and stir gently to coat.
- ☐ Serve at room temperature, or chill airtight up to 3 hours, and serve cold.

Nutrition Facts



Properties

Glycemic Index:45.05, Glycemic Load:3.87, Inflammation Score:-8, Nutrition Score:12.939130409904%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg

Nutrients (% of daily need)

Calories: 114.02kcal (5.7%), Fat: 5.4g (8.32%), Saturated Fat: 0.81g (5.03%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 10.07g (3.66%), Sugar: 7.61g (8.45%), Cholesterol: 0mg (0%), Sodium: 179.31mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.39%), Vitamin K: 74.29µg (70.75%), Vitamin C: 23.08mg (27.98%), Manganese: 0.44mg (22.09%), Vitamin A: 1049.09IU (20.98%), Fiber: 4.92g (19.66%), Folate: 69.64µg (17.41%), Vitamin B6: 0.27mg (13.58%), Magnesium: 48.89mg (12.22%), Vitamin B2: 0.2mg (11.8%), Potassium: 394.38mg

(11.27%), Iron: 2.01mg (11.19%), Vitamin B1: 0.16mg (10.69%), Copper: 0.19mg (9.43%), Phosphorus: 85.09mg (8.51%), Vitamin B3: 1.48mg (7.41%), Calcium: 71.29mg (7.13%), Vitamin E: 0.72mg (4.79%), Vitamin B5: 0.47mg (4.73%), Zinc: 0.57mg (3.8%), Selenium: 1.52µg (2.18%)