



Asian Green Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons ginger fresh minced
- ☐ 1 pound green beans fresh trimmed
- ☐ 2 garlic cloves minced
- ☐ 2 green onions diced
- ☐ 1 tablespoon oyster sauce
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 cup roasted bell pepper sweet red thinly sliced
- ☐ 2 tablespoons sesame oil

☐ 0.3 cup slivered almonds toasted

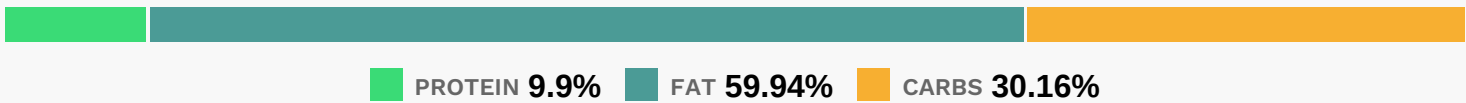
Equipment

☐ frying pan

Directions

- ☐ Cook green beans in boiling water 4 to 6 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.
- ☐ Saut green onions, garlic, and ginger in hot sesame oil in a large nonstick skillet over medium heat 1 minute.
- ☐ Add green beans and bell pepper; cook 1 minute.
- ☐ Add oyster sauce and pepper, stirring until thoroughly heated.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:1.86, Inflammation Score:-7, Nutrition Score:9.1452175152043%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 98.91kcal (4.95%), Fat: 7.14g (10.99%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 5.06g (1.84%), Sugar: 3.3g (3.66%), Cholesterol: 0mg (0%), Sodium: 87.88mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.31%), Vitamin K: 42.12µg (40.11%), Vitamin C: 26.22mg (31.78%), Vitamin A: 950.64IU (19.01%), Manganese: 0.31mg (15.58%), Fiber: 3.02g (12.09%), Vitamin E: 1.75mg (11.66%),

Folate: 35.76µg (8.94%), Vitamin B2: 0.15mg (8.75%), Magnesium: 34.07mg (8.52%), Vitamin B6: 0.17mg (8.27%), Potassium: 238.69mg (6.82%), Iron: 1.09mg (6.05%), Phosphorus: 57.56mg (5.76%), Copper: 0.11mg (5.67%), Vitamin B1: 0.08mg (5.51%), Calcium: 46.89mg (4.69%), Vitamin B3: 0.92mg (4.58%), Zinc: 0.39mg (2.57%), Vitamin B5: 0.24mg (2.42%), Selenium: 0.96µg (1.36%)