



Asian Sesame Roasted Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 2.5 pounds green beans
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon asian sesame oil toasted ()
- ☐ 2 tablespoons sesame seed
- ☐ 8 servings soya sauce

Equipment

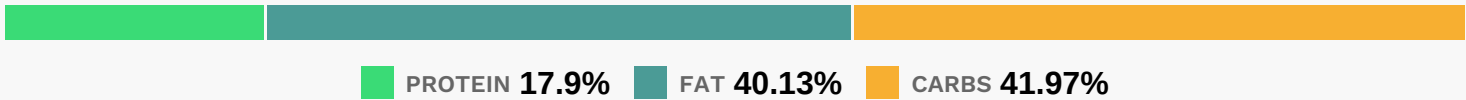
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Rinse and drain beans; trim and discard stem ends. In each of two 12- by 17-inch baking pans, mix half the beans with half the olive oil; spread level.
- ☐ Bake in a 450 regular or convection oven until beans are slightly browned and tender when pierced, 15 to 25 minutes; switch pan positions halfway through baking.
- ☐ Stir half the sesame seeds and half the sesame oil into beans in each pan; continue baking until seeds are golden, about 5 minutes longer.
- ☐ Pour into a bowl, add soy sauce to taste, and mix well.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:2.99, Inflammation Score:-7, Nutrition Score:11.773912854817%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 97.14kcal (4.86%), Fat: 4.82g (7.42%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 11.35g (3.78%), Net Carbohydrates: 7.14g (2.6%), Sugar: 4.93g (5.48%), Cholesterol: 0mg (0%), Sodium: 1014.24mg (44.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Vitamin K: 62.24µg (59.28%), Manganese: 0.45mg (22.26%), Vitamin C: 17.29mg (20.96%), Vitamin A: 978.24IU (19.56%), Fiber: 4.21g (16.83%), Folate: 51.96µg (12.99%), Vitamin B6: 0.25mg (12.58%), Magnesium: 49.66mg (12.41%), Iron: 2.19mg (12.16%), Vitamin B2: 0.18mg (10.57%), Copper: 0.2mg (10.19%), Potassium: 346.62mg (9.9%), Vitamin B1: 0.14mg (9.51%), Vitamin B3: 1.84mg (9.21%), Phosphorus: 89.84mg (8.98%), Calcium: 75.56mg (7.56%), Vitamin E: 0.86mg (5.75%), Vitamin B5: 0.39mg (3.88%), Zinc: 0.57mg (3.82%), Selenium: 1.68µg (2.4%)