



Bean Bundles



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



111 kcal

SIDE DISH

Ingredients



1 pound beans fresh cooked (use yard-long beans)



2 tablespoons asian sesame oil toasted ()



0.3 cup soya sauce

Equipment



bowl

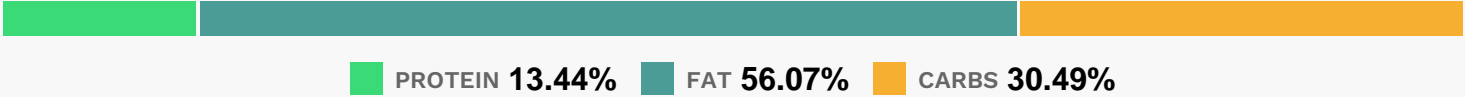


spatula

Directions

- ☐ Prepare beans.
- ☐ Drain and immerse in ice water.
- ☐ When beans are cool, drain and lay full length on a platter with stem ends together. With a hand at each end of the beans, pull them close together to form a log.
- ☐ Remove 4 beans and slide each under the log, equally spaced. Loosely tie each of the 4 beans over the log to hold it together.
- ☐ In a small bowl, mix soy sauce with sesame oil and pour over beans.
- ☐ To serve, cut across bean log between tied beans to make 4 bundles. With a wide spatula, transfer beans to plates.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:1.63, Inflammation Score:-4, Nutrition Score:5.3382609143205%

Nutrients (% of daily need)

Calories: 111.4kcal (5.57%), Fat: 7.24g (11.14%), Saturated Fat: 1g (6.22%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 7.04g (2.56%), Sugar: 0.25g (0.27%), Cholesterol: 0mg (0%), Sodium: 816.77mg (35.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.81%), Folate: 116.01µg (29%), Vitamin C: 23.81mg (28.86%), Magnesium: 36.42mg (9.1%), Iron: 1.59mg (8.85%), Potassium: 267.74mg (7.65%), Fiber: 1.82g (7.27%), Phosphorus: 61.94mg (6.19%), Calcium: 53.93mg (5.39%), Copper: 0.1mg (4.95%), Manganese: 0.07mg (3.62%), Zinc: 0.52mg (3.44%), Vitamin B3: 0.57mg (2.86%), Vitamin B6: 0.03mg (1.45%), Vitamin B2: 0.02mg (1.3%)