



Bean Knots

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



56 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

Directions

- Prepare 1 pound yard-long beans following directions for cooked fresh beans.
- Drain and immerse in ice water. When cold, drain.
- For each portion, gather 6 to 8 beans by the stem end and loosely coil or tie into a loose knot.
- In a small bowl, mix 1/4 cup soy sauce with 2 tablespoons Asian (toasted) sesame oil and pour over beans.

Nutrition Facts



Properties

Glycemic Index:4.88, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:2.6682608924482%

Nutrients (% of daily need)

Calories: 55.7kcal (2.79%), Fat: 3.62g (5.57%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 4.43g (1.48%), Net Carbohydrates: 3.52g (1.28%), Sugar: 0.12g (0.14%), Cholesterol: 0mg (0%), Sodium: 408.39mg (17.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.91%), Folate: 58µg (14.5%), Vitamin C: 11.91mg (14.43%), Magnesium: 18.21mg (4.55%), Iron: 0.8mg (4.42%), Potassium: 133.87mg (3.82%), Fiber: 0.91g (3.63%), Phosphorus: 30.97mg (3.1%), Calcium: 26.96mg (2.7%), Copper: 0.05mg (2.47%), Manganese: 0.04mg (1.81%), Zinc: 0.26mg (1.72%), Vitamin B3: 0.29mg (1.43%)