



Beans with Sesame Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

Ingredients



1 tablespoon ginger fresh minced



1 tablespoon garlic minced



1 pound cool beans fresh hot cooked



3 tablespoons rice vinegar



2 tablespoons salad oil



1 tablespoon serrano chili fresh red hot minced or



2 tablespoons sesame seed



2 tablespoons soya sauce

☐ 0.5 teaspoon sugar

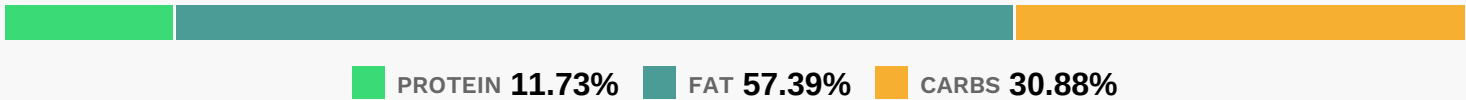
Equipment

☐ frying pan

Directions

- ☐ In a 6- to 8-inch frying pan over medium heat, combine salad oil and sesame seed. Shake pan often until seed is golden, 3 to 5 minutes.
- ☐ Add ginger, garlic, and chili. Stir, remove from heat, and let cool about 2 minutes.
- ☐ Add rice vinegar, soy sauce, and sugar and stir to blend.
- ☐ Pour dressing over beans and mix.

Nutrition Facts



Properties

Glycemic Index:59.77, Glycemic Load:2.33, Inflammation Score:-5, Nutrition Score:7.9013042968252%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 140.67kcal (7.03%), Fat: 9.26g (14.25%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 8.76g (3.18%), Sugar: 0.86g (0.96%), Cholesterol: 0mg (0%), Sodium: 511.17mg (22.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Vitamin C: 26.18mg (31.74%), Folate: 120µg (30%), Copper: 0.27mg (13.51%), Magnesium: 50.44mg (12.61%), Iron: 2.12mg (11.8%), Fiber: 2.46g (9.83%), Manganese: 0.19mg (9.71%), Calcium: 96.86mg (9.69%), Potassium: 301.61mg (8.62%), Phosphorus: 85.56mg (8.56%), Vitamin E: 1.27mg (8.44%), Zinc: 0.84mg (5.62%), Vitamin K: 5.46µg (5.2%), Vitamin B6: 0.1mg (4.79%), Vitamin B3: 0.62mg (3.1%), Vitamin B1: 0.04mg (2.89%), Selenium: 1.82µg (2.6%), Vitamin B2: 0.03mg (1.73%)