



Caramelized Spicy Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 1 pound haricots verts fresh (tiny green beans)
- ☐ 2 tablespoons brown sugar light
- ☐ 1 teaspoon vegetable oil; peanut oil preferred
- ☐ 1 medium size bell pepper red sliced
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 0.8 teaspoon lawry's seasoned salt
- ☐ 1 tablespoon soya sauce
- ☐ 0.5 medium size onion sweet sliced

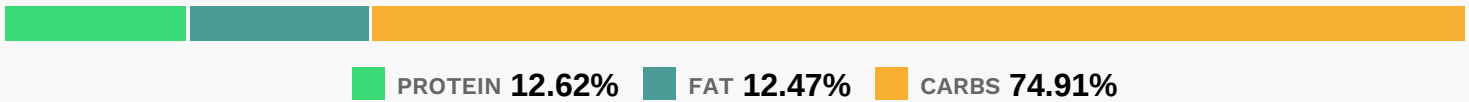
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook haricots verts in boiling salted water to cover 1 minute; drain. Plunge green beans into ice water to stop the cooking process; drain well, pressing between paper towels. Stir together brown sugar, soy sauce, and dried crushed red pepper. Saut bell pepper, onion, and green beans in hot peanut oil in a large skillet over high heat 3 to 5 minutes or until beans look blistered.
- ☐ Sprinkle with seasoned salt.
- ☐ Remove from heat; add soy sauce mixture to green bean mixture, and stir to coat.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:2.63, Inflammation Score:-9, Nutrition Score:13.2099999903389%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg

Nutrients (% of daily need)

Calories: 91.17kcal (4.56%), Fat: 1.41g (2.17%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 14.9g (5.42%), Sugar: 12.94g (14.38%), Cholesterol: 0mg (0%), Sodium: 704.48mg (30.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Vitamin C: 53.9mg (65.34%), Vitamin K: 50.61µg (48.2%), Vitamin A: 1788.46IU (35.77%), Manganese: 0.34mg (17.07%), Fiber: 4.18g (16.73%), Vitamin B6: 0.32mg (15.85%), Folate: 61.56µg (15.39%), Potassium: 373.76mg (10.68%), Magnesium: 38.37mg (9.59%), Vitamin B2: 0.16mg (9.45%), Iron: 1.6mg (8.89%), Vitamin B1: 0.13mg (8.62%), Vitamin E: 1.2mg (7.97%), Vitamin B3: 1.39mg (6.96%), Phosphorus: 68.84mg (6.88%), Calcium: 59.29mg (5.93%), Copper: 0.12mg (5.91%), Vitamin B5: 0.42mg (4.17%), Zinc: 0.43mg (2.89%), Selenium: 1.08µg (1.54%)