



Chinese Buffet' Green Beans



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



45 kcal

SIDE DISH

Ingredients

- ☐ 1 pound green beans fresh trimmed
- ☐ 2 cloves garlic thinly sliced
- ☐ 1 tablespoon oil
- ☐ 2 tablespoons oyster sauce
- ☐ 2 teaspoons soya sauce
- ☐ 1 tablespoon sugar white

Equipment

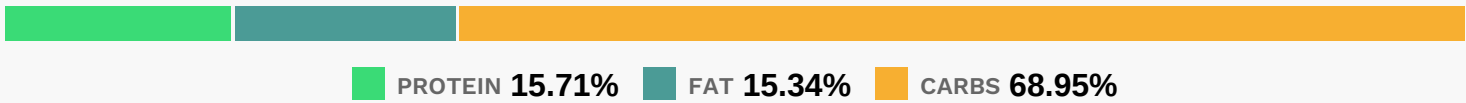
- ☐ frying pan

☐ wok

Directions

- ☐ Heat peanut oil in a wok or large skillet over medium-high heat. Stir in the garlic, and cook until the edges begin to brown, about 20 seconds.
- ☐ Add the green beans; cook and stir until the green beans begin to soften, about 5 minutes. Stir in the sugar, oyster sauce, and soy sauce. Continue cooking and stirring for several minutes until the beans have attained the desired degree of tenderness.

Nutrition Facts



Properties

Glycemic Index:32.68, Glycemic Load:3.04, Inflammation Score:-5, Nutrition Score:6.1626087025456%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 44.53kcal (2.23%), Fat: 0.86g (1.32%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 6.42g (2.33%), Sugar: 4.51g (5.01%), Cholesterol: 0mg (0%), Sodium: 280.39mg (12.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Vitamin K: 32.52µg (30.98%), Vitamin C: 9.54mg (11.56%), Manganese: 0.23mg (11.3%), Vitamin A: 521.84IU (10.44%), Fiber: 2.25g (9.01%), Folate: 27.53µg (6.88%), Vitamin B6: 0.13mg (6.72%), Magnesium: 24.87mg (6.22%), Copper: 0.12mg (6.06%), Iron: 1.05mg (5.83%), Vitamin B2: 0.09mg (5.52%), Vitamin B1: 0.08mg (5.09%), Potassium: 177.28mg (5.07%), Calcium: 45.12mg (4.51%), Phosphorus: 42.56mg (4.26%), Vitamin B3: 0.79mg (3.95%), Vitamin E: 0.31mg (2.09%), Zinc: 0.31mg (2.07%), Selenium: 1.35µg (1.92%), Vitamin B5: 0.19mg (1.85%)