



Chinese Long Beans with Sambal Orange Water

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

50 min.

SERVINGS

servings

10

CALORIES

calories

50 kcal

SIDE DISH

Ingredients

- ☐ 10 servings pepper black freshly ground to taste
- ☐ 1.5 teaspoon ginger fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 1.5 tablespoon grapeseed oil
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 1 teaspoon powdered sugar

- ☐ 1 teaspoon rice wine vinegar
- ☐ 1 teaspoon sea salt
- ☐ 0.5 cup water
- ☐ 1 pound long beans chinese cleaned cut into 2 to 3-inch pieces
- ☐ 1 tablespoon sambal
- ☐ 1 tablespoon sambal

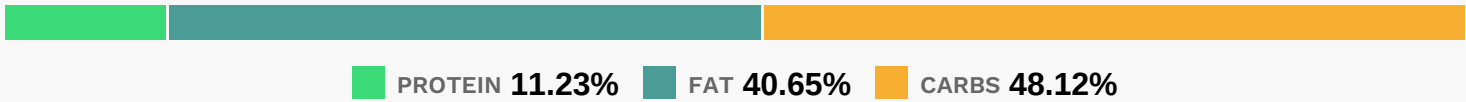
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a medium bowl, blend the water, orange juice, lemon juice, vinegar, sugar, garlic, ginger and sambal, until well combined and set aside. In a large skillet over high heat, add the grapeseed oil and the beans and cook until they shrivel slightly. Once cooked, remove the beans from the pan to paper towels, to drain. Return the skillet to medium-high heat, add orange water mixture, and bring to a boil. Reduce the mixture until thick enough to coat a spoon, about 20 to 30 minutes. Lower the heat to medium and add cooked beans. Toss the beans in the orange water and cook for 2 to 3 minutes.
- ☐ Transfer the bean mixture to a serving dish and serve.

Nutrition Facts



Properties

Glycemic Index:23.3, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:3.5639130395392%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 2.66mg, Hesperetin: 2.66mg, Hesperetin: 2.66mg, Hesperetin: 2.66mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 49.8kcal (2.49%), Fat: 2.34g (3.59%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 6.12g (2.23%), Sugar: 1.46g (1.62%), Cholesterol: 0mg (0%), Sodium: 235.37mg (10.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin C: 18.14mg (21.99%), Folate: 33.54µg (8.39%), Vitamin A: 418.26IU (8.37%), Manganese: 0.12mg (6.17%), Magnesium: 22.44mg (5.61%), Potassium: 147.88mg (4.23%), Vitamin B1: 0.06mg (4.23%), Vitamin E: 0.62mg (4.16%), Vitamin B2: 0.06mg (3.3%), Phosphorus: 31.02mg (3.1%), Calcium: 27mg (2.7%), Copper: 0.04mg (1.75%), Vitamin B6: 0.03mg (1.51%), Iron: 0.27mg (1.51%), Zinc: 0.19mg (1.28%), Vitamin B3: 0.25mg (1.26%), Selenium: 0.83µg (1.18%)