



Frisee with French Beans and Spicy Peanut Dressing



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



819 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.3 ounce cream of coconut canned recommended: Coco Lopez
- ☐ 18 ounce creamy peanut butter
- ☐ 1 tablespoon sesame oil dark
- ☐ 16 ounce french-cut green beans frozen thawed
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 head frisée
- ☐ 2 tablespoons garlic jarred chopped

- ☐ 1 tablespoon ginger jarred sliced
- ☐ 8.5 ounce hoisin sauce
- ☐ 1 jalapeño seeded chopped
- ☐ 4 tablespoons soya sauce low-sodium
- ☐ 0.5 cup roasted peanuts
- ☐ 0.5 bunch scallions sliced
- ☐ 0.5 cup water hot

Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ colander

Directions

- ☐ Thaw green beans in a colander and pat dry to remove excess water. Clean frisee and cut into bite sized pieces and set aside.
- ☐ In a food processor, add the jalapeno, garlic, ginger and scallions. Process and add the sesame oil to form a paste.
- ☐ Transfer paste to a large bowl and whisk in cream of coconut.
- ☐ Whisk in peanut butter; gradually whisk in water until consistency is a smooth, thick sauce.
- ☐ Whisk in hoisin, soy sauce and cilantro. This recipe will make more dressing than you need for the salad; reserve extra dressing in an airtight container and store in the refrigerator for other uses.
- ☐ Toss green beans and frisee and with enough dressing to coat.
- ☐ Garnish with roasted peanuts.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 12.51%**  **FAT 58.94%**  **CARBS 28.55%**

Properties

Glycemic Index:33.5, Glycemic Load:3.91, Inflammation Score:-10, Nutrition Score:35.507391307665%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 818.83kcal (40.94%), Fat: 56.82g (87.42%), Saturated Fat: 13.16g (82.23%), Carbohydrates: 61.93g (20.64%), Net Carbohydrates: 51.12g (18.59%), Sugar: 36.26g (40.29%), Cholesterol: 1.2mg (0.4%), Sodium: 1486.28mg (64.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.14g (54.28%), Vitamin K: 154.13µg (146.79%), Manganese: 2.06mg (103.19%), Vitamin B3: 14.55mg (72.73%), Vitamin E: 9.23mg (61.54%), Vitamin A: 2812.75IU (56.26%), Magnesium: 213.83mg (53.46%), Fiber: 10.81g (43.26%), Folate: 171.73µg (42.93%), Phosphorus: 421.26mg (42.13%), Copper: 0.68mg (33.85%), Vitamin B6: 0.64mg (32.24%), Potassium: 1010.93mg (28.88%), Vitamin C: 22.82mg (27.66%), Vitamin B2: 0.41mg (24.15%), Zinc: 3.01mg (20.07%), Iron: 3.53mg (19.6%), Vitamin B5: 1.77mg (17.74%), Vitamin B1: 0.25mg (17%), Calcium: 143.75mg (14.37%), Selenium: 6.16µg (8.8%)