



Garlicky, Spicy and Sesamey Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients



1 pound green beans fresh trimmed



2 cloves garlic minced



4 servings kosher salt and ground pepper black to taste



1.5 teaspoons sesame oil



0.3 cup sesame seed toasted



1 teaspoon shallots minced



1 teaspoon vegetable oil

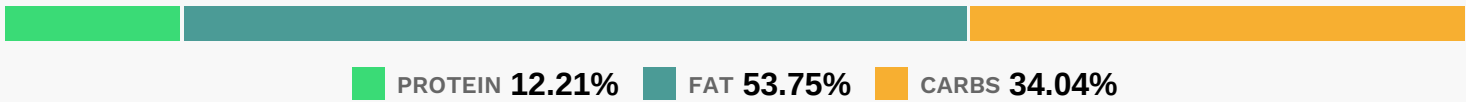
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil.
- ☐ Add the green beans, and cook for about 2 minutes.
- ☐ Drain, and immediately transfer to a bowl of ice water to stop the cooking.
- ☐ Drain again.
- ☐ Heat the sesame oil and vegetable oil in a large skillet over medium-high heat.
- ☐ Add the green beans, and fry for 2 to 3 minutes, stirring constantly.
- ☐ Add the garlic, shallot, salt and pepper to the beans. Cook and stir for 1 minute.
- ☐ Mix in the sesame seeds, cook for 1 more minute, then serve.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:2.78, Inflammation Score:-7, Nutrition Score:12.181739091873%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 114.92kcal (5.75%), Fat: 7.54g (11.6%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 6.51g (2.37%), Sugar: 3.78g (4.2%), Cholesterol: 0mg (0%), Sodium: 8.17mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Vitamin K: 51.23µg (48.79%), Manganese: 0.51mg (25.74%), Copper: 0.47mg (23.36%), Vitamin C: 14.34mg (17.38%), Fiber: 4.24g (16.96%), Vitamin A: 783.99IU (15.68%), Magnesium: 61.91mg (15.48%), Iron: 2.57mg (14.3%), Calcium: 136.71mg (13.67%), Vitamin B6: 0.25mg (12.73%), Folate: 46.75µg (11.69%), Vitamin B1: 0.17mg (11.37%), Phosphorus: 104.81mg (10.48%), Vitamin B2: 0.14mg (8.41%), Potassium: 292.16mg (8.35%), Zinc: 1.02mg (6.8%), Vitamin B3: 1.27mg (6.34%), Selenium: 4.13µg (5.9%), Vitamin E: 0.6mg (4.03%), Vitamin B5: 0.27mg (2.72%)