



Gel's Green Beans and Beef

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound extra-lean ground beef
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 pound green beans fresh trimmed
- ☐ 2 tablespoons garlic minced
- ☐ 1.5 tablespoons ground ginger
- ☐ 1 teaspoon ground pepper black
- ☐ 2 tablespoons honey
- ☐ 2 teaspoons onion powder

- ☐ 3 tablespoons soya sauce
- ☐ 3 tablespoons water

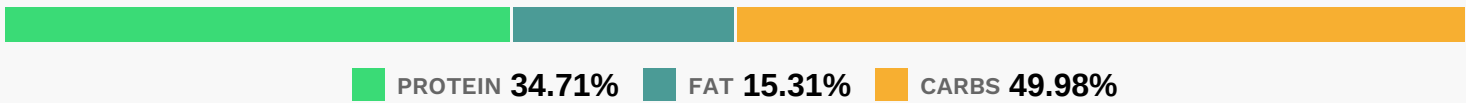
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large skillet over medium heat, mix the ground beef, ginger, garlic, onion powder, and pepper. Cook and stir until the beef is evenly browned.
- ☐ Mix soy sauce and honey into the beef mixture. Stir in the green beans. Cover, reduce heat, and simmer 7 to 10 minutes, until beans are tender.
- ☐ In a small bowl, mix the flour and water. Stir into the beef and bean mixture, and continue cooking about 5 minutes, until thickened.

Nutrition Facts



Properties

Glycemic Index:62.57, Glycemic Load:9.34, Inflammation Score:-7, Nutrition Score:17.436521690825%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 183.41kcal (9.17%), Fat: 3.26g (5.02%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 20.03g (7.28%), Sugar: 12.73g (14.14%), Cholesterol: 35.15mg (11.72%), Sodium: 801.41mg (34.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.63g (33.26%), Manganese: 1.12mg (56%), Vitamin K: 49.88µg (47.51%), Vitamin B3: 4.93mg (24.66%), Vitamin B6: 0.48mg (24.16%), Zinc: 3.43mg (22.85%), Vitamin B12: 1.27µg (21.17%), Iron: 3.58mg (19.91%), Selenium: 13.79µg (19.7%), Phosphorus: 190.66mg (19.07%), Vitamin C: 15.38mg (18.65%), Vitamin A: 786.IIU (15.72%), Fiber: 3.92g (15.68%), Vitamin B2: 0.26mg (15.38%), Potassium: 530.83mg (15.17%), Magnesium: 54.37mg (13.59%), Folate: 50.85µg (12.71%), Vitamin B1: 0.17mg (11.17%), Copper: 0.18mg (9.23%), Vitamin B5: 0.74mg (7.41%), Calcium: 66.72mg (6.67%), Vitamin E: 0.64mg (4.25%)