



## Ginger Garlic Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

## Ingredients

- ☐ 3 garlic clove
- ☐ 1 tablespoon ginger grated peeled
- ☐ 1 pound green beans trimmed
- ☐ 2 teaspoons rice vinegar (not seasoned)
- ☐ 0.5 teaspoon sesame oil
- ☐ 1.5 teaspoon sesame seed toasted
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil

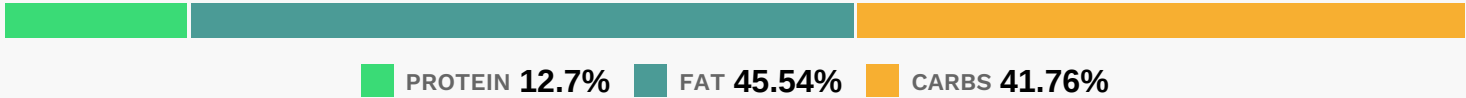
# Equipment

- ☐ bowl
- ☐ pot
- ☐ colander

# Directions

- ☐ Cook beans in a 6-quart pot of boiling well-salted water, uncovered, until just tender, 6 to 7 minutes.
- ☐ Drain in a colander, then plunge into an ice bath to stop cooking.
- ☐ Drain beans and pat dry.
- ☐ While beans cook, mince and mash garlic to a paste with a pinch of salt, then stir together with soy sauce, ginger, vinegar, and oils in a large bowl.
- ☐ Add beans and toss.
- ☐ Serve sprinkled with sesame seeds.

# Nutrition Facts



# Properties

Glycemic Index:47.75, Glycemic Load:2.54, Inflammation Score:-6, Nutrition Score:9.1156521206317%

# 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: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

# Nutrients (% of daily need)

Calories: 81.83kcal (4.09%), Fat: 4.55g (7%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 6.12g (2.22%), Sugar: 3.83g (4.25%), Cholesterol: 0mg (0%), Sodium: 258.92mg (11.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.71%), Vitamin K: 55.12µg (52.5%), Vitamin C: 14.62mg (17.73%), Manganese: 0.33mg (16.44%), Vitamin A: 782.72IU (15.65%), Fiber: 3.27g (13.07%), Vitamin B6: 0.21mg (10.28%), Folate: 39.22µg (9.8%), Magnesium: 34.12mg (8.53%), Iron: 1.43mg (7.97%), Potassium: 268.65mg (7.68%), Vitamin B2: 0.13mg (7.63%), Vitamin B1: 0.11mg (7.1%), Copper: 0.13mg (6.29%), Phosphorus: 57.8mg (5.78%), Calcium:

54.67mg (5.47%), Vitamin B3: 1.07mg (5.36%), Vitamin E: 0.76mg (5.06%), Vitamin B5: 0.29mg (2.89%), Zinc: 0.38mg (2.55%), Selenium: 1.32µg (1.88%)