



Ginger-Sesame Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 pound green beans trimmed
- ☐ 1 tablespoon juice of lime
- ☐ 5 teaspoons soy sauce
- ☐ 1 tablespoon sesame oil
- ☐ 1 tablespoon sesame seed toasted
- ☐ 1 tablespoon tahini
- ☐ 1 tablespoon water

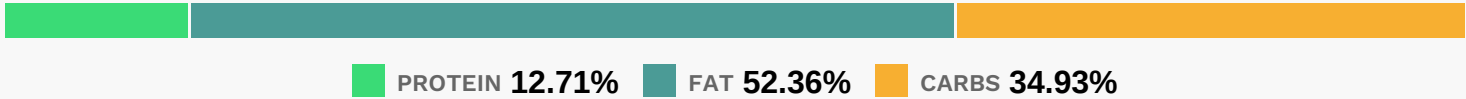
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a skillet over medium-high heat.
- ☐ Add sesame oil.
- ☐ Add green beans; cook 7 minutes or until beans begin to brown.
- ☐ Combine sesame seeds, ginger, tahini, soy sauce, water, and lime juice in a bowl.
- ☐ Add mixture to pan. Cook 1 minute; toss to coat.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:2.35, Inflammation Score:-7, Nutrition Score:10.049999900486%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 105.65kcal (5.28%), Fat: 6.77g (10.41%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 6.59g (2.4%), Sugar: 3.83g (4.25%), Cholesterol: 0mg (0%), Sodium: 233.83mg (10.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.39%), Vitamin K: 49.26µg (46.92%), Vitamin C: 15.2mg (18.43%), Manganese: 0.33mg (16.27%), Vitamin A: 787.01IU (15.74%), Fiber: 3.57g (14.27%), Folate: 46.35µg (11.59%), Vitamin B1: 0.17mg (11.49%), Copper: 0.23mg (11.44%), Magnesium: 44.33mg (11.08%), Vitamin B6: 0.2mg (9.78%), Phosphorus: 96.79mg (9.68%), Iron: 1.72mg (9.57%), Potassium: 299.49mg (8.56%), Vitamin B2: 0.14mg (8.44%), Calcium: 69.54mg (6.95%), Vitamin B3: 1.22mg (6.12%), Zinc: 0.66mg (4.39%), Selenium: 2.71µg (3.87%), Vitamin E: 0.56mg (3.72%), Vitamin B5: 0.28mg (2.84%)