



Glazed Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds green beans trimmed
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2.5 cups onion red vertically sliced
- ☐ 3 tablespoons rice vinegar (rice wine)
- ☐ 1.5 tablespoons sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup water

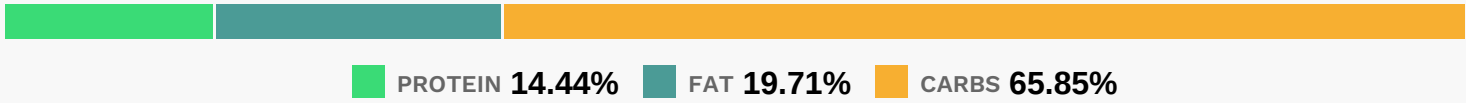
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion, and stir-fry 1 minute. Increase heat to medium-high.
- ☐ Add beans; stir-fry 1 minute. Stir in water and remaining ingredients; bring to a boil. Cover, reduce heat, and simmer 12 minutes or until tender. Uncover and bring to a boil; cook 10 minutes or until liquid almost evaporates. Toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:19.31, Glycemic Load:3.86, Inflammation Score:-6, Nutrition Score:7.7526086568832%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 10.6mg, Quercetin: 10.6mg, Quercetin: 10.6mg, Quercetin: 10.6mg

Nutrients (% of daily need)

Calories: 67.57kcal (3.38%), Fat: 1.62g (2.5%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 12.21g (4.07%), Net Carbohydrates: 9.04g (3.29%), Sugar: 6.48g (7.2%), Cholesterol: 0mg (0%), Sodium: 237.25mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Vitamin K: 41.67µg (39.69%), Vitamin C: 14.03mg (17%), Manganese: 0.28mg (13.86%), Fiber: 3.17g (12.7%), Vitamin A: 626.76IU (12.54%), Folate: 40.34µg (10.09%), Vitamin B6: 0.19mg (9.31%), Magnesium: 31.24mg (7.81%), Potassium: 272.39mg (7.78%), Vitamin B2: 0.12mg (7.11%), Vitamin B1: 0.1mg (6.36%), Iron: 1.11mg (6.15%), Phosphorus: 56.85mg (5.68%), Calcium: 45.34mg (4.53%), Copper: 0.08mg (4.18%), Vitamin B3: 0.78mg (3.92%), Vitamin E: 0.52mg (3.45%), Vitamin B5: 0.27mg (2.74%), Zinc: 0.34mg (2.25%), Selenium: 0.81µg (1.16%)