



Green Bean and Snow Pea Stir-Fry



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



62 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bell pepper strips red (1)
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 2 cups diagonally cut green beans (2-inch)
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.5 cup onion sliced (1 small)
- ☐ 0.3 teaspoon sesame oil toasted

- ☐ 1 teaspoon sesame seed toasted
- ☐ 1 cup snow peas trimmed cut in half diagonally
- ☐ 0.5 cup vegetable broth
- ☐ 1 teaspoon vegetable oil

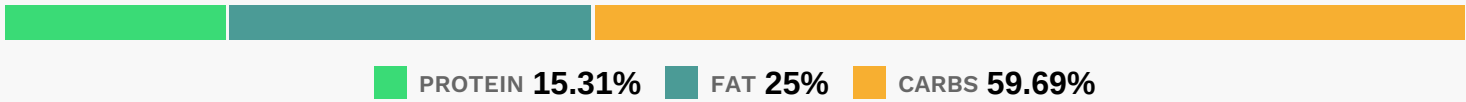
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a small bowl; stir with a whisk until blended.
- ☐ Heat vegetable oil in a large nonstick skillet over medium-high heat.
- ☐ Add green beans and onion; cook, stirring occasionally, 8 to 10 minutes or until beans are crisp-tender and lightly browned.
- ☐ Add snow peas and bell pepper strips; cook 3 minutes, stirring occasionally.
- ☐ Stir soy sauce mixture with a whisk, and pour over vegetables; cook 1 minute, stirring constantly, until mixture thickens.
- ☐ Sprinkle with sesame seeds, and toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:1.99, Inflammation Score:-8, Nutrition Score:9.9117390332015%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.62mg,

Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 62.17kcal (3.11%), Fat: 1.89g (2.9%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 7.17g (2.61%), Sugar: 4.69g (5.21%), Cholesterol: 0mg (0%), Sodium: 267.58mg (11.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin C: 46.98mg (56.94%), Vitamin K: 32.88µg (31.32%), Vitamin A: 1292.05IU (25.84%), Manganese: 0.27mg (13.39%), Fiber: 2.97g (11.86%), Folate: 43.1µg (10.78%), Vitamin B6: 0.22mg (10.75%), Iron: 1.34mg (7.45%), Potassium: 254.03mg (7.26%), Vitamin B1: 0.11mg (7.22%), Magnesium: 28.69mg (7.17%), Vitamin B2: 0.11mg (6.46%), Phosphorus: 55.61mg (5.56%), Vitamin E: 0.73mg (4.89%), Copper: 0.09mg (4.68%), Calcium: 44.27mg (4.43%), Vitamin B3: 0.83mg (4.16%), Vitamin B5: 0.41mg (4.09%), Zinc: 0.36mg (2.39%), Selenium: 0.93µg (1.33%)