



WHATSheATE



Green Bean, Corn, and Coconut Stir-Fry (Thoren)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon brown mustard seeds
- ☐ 0.1 teaspoon ground pepper
- ☐ 15 curry leaves fresh
- ☐ 3 ears corn
- ☐ 2 garlic clove crushed
- ☐ 1 pound green beans thinly sliced ()
- ☐ 1 small to 2 chilies slit fresh green such as serrano, thai, or jalapeño, slit lengthwise with stem end intact

- ☐ 0.5 teaspoon ground coriander
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.3 teaspoon turmeric
- ☐ 0.1 teaspoon pepper red hot
- ☐ 6 servings salt
- ☐ 0.8 cup coconut flakes dried unsweetened grated
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup water

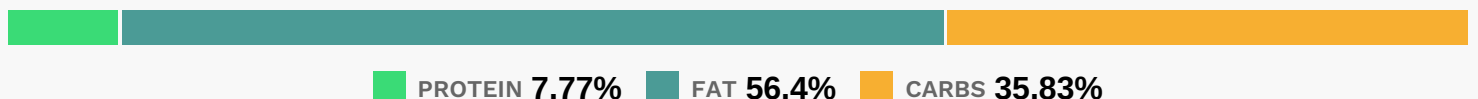
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Stir together coconut, cumin, coriander, cayenne, turmeric, chile, garlic, 1/4 cup water, and 1/2 teaspoon salt in a small bowl.
- ☐ Heat oil in a wok or 12-inch heavy skillet (not nonstick) over medium-high heat until it shimmers, then cook mustard seeds and red pepper flakes until mustard seeds begin to pop and/or turn gray.
- ☐ Add curry leaves (if using), covering skillet immediately as they crackle for a few seconds.
- ☐ Add green beans and corn and stir-fry 8 minutes.
- ☐ Add coconut mixture and cook, stirring occasionally, until vegetables are tender, 8 to 10 minutes. If mixture becomes dry and begins to stick to bottom of wok, add a few tablespoons water. Season with salt.
- ☐ •Indian ingredients can be mail-ordered from Kalustyans.com.•Chile can be removed during cooking when the thoren is spicy enough for your taste.

Nutrition Facts



Properties

Glycemic Index:19.67, Glycemic Load:1.59, Inflammation Score:-9, Nutrition Score:20.22043476934%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 179.26kcal (8.96%), Fat: 12.29g (18.91%), Saturated Fat: 6.97g (43.54%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 12.4g (4.51%), Sugar: 6.34g (7.04%), Cholesterol: 0mg (0%), Sodium: 235.85mg (10.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.62%), Vitamin B3: 30.2mg (151%), Folate: 338.72µg (84.68%), Vitamin C: 63.76mg (77.29%), Vitamin K: 41.13µg (39.17%), Manganese: 0.57mg (28.37%), Fiber: 5.16g (20.65%), Vitamin A: 733.24IU (14.66%), Magnesium: 47.83mg (11.96%), Potassium: 353.22mg (10.09%), Vitamin B6: 0.2mg (9.86%), Vitamin B1: 0.14mg (9.57%), Phosphorus: 95.45mg (9.54%), Iron: 1.64mg (9.09%), Copper: 0.17mg (8.6%), Vitamin B2: 0.12mg (7.06%), Vitamin B5: 0.58mg (5.84%), Vitamin E: 0.8mg (5.33%), Calcium: 48.14mg (4.81%), Zinc: 0.64mg (4.3%), Selenium: 2.94µg (4.2%)