



Green Bean Stir-Fry



Vegetarian



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 2 cloves garlic minced
- ☐ 1 inch ginger minced
- ☐ 1 pound green beans washed and trimmed, cut into 1-inch pieces
- ☐ 2 tablespoons honey
- ☐ 1 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon sesame oil
- ☐ 2 tablespoons unseasoned rice vinegar

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2 tablespoons vegetable oil

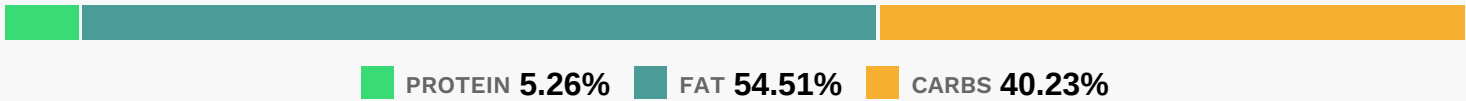
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Whisk together honey, rice vinegar, sesame oil, red pepper flakes, salt and pepper, to taste, in a small bowl; set aside.
- ☐ Heat the oil in a wok or large skillet on high heat.
- ☐ Add the green beans and cook, stirring 2 to 3 minutes until dark green and caramelized.
- ☐ Add the garlic and ginger, stirring constantly for 2 minutes longer.
- ☐ Add the sauce, stir to incorporate and heat another minute.
- ☐ Transfer to a serving dish and serve.

Nutrition Facts



Properties

Glycemic Index:56.32, Glycemic Load:6.93, Inflammation Score:-7, Nutrition Score:9.3452174300733%

Flavonoids

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: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 164.86kcal (8.24%), Fat: 10.64g (16.38%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 17.68g (5.89%), Net Carbohydrates: 14.33g (5.21%), Sugar: 12.4g (13.78%), Cholesterol: 0mg (0%), Sodium: 16.09mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin K: 62.46µg (59.49%), Vitamin A: 931.38IU (18.63%), Vitamin C: 14.45mg (17.51%), Manganese: 0.31mg (15.4%), Fiber: 3.35g (13.39%), Vitamin B6: 0.19mg

(9.73%), Folate: 38.03µg (9.51%), Vitamin E: 1.27mg (8.45%), Potassium: 269.25mg (7.69%), Magnesium: 30.68mg (7.67%), Vitamin B2: 0.13mg (7.59%), Iron: 1.35mg (7.49%), Vitamin B1: 0.1mg (6.52%), Copper: 0.1mg (4.86%), Phosphorus: 48.38mg (4.84%), Calcium: 48.16mg (4.82%), Vitamin B3: 0.93mg (4.64%), Vitamin B5: 0.28mg (2.81%), Zinc: 0.34mg (2.28%), Selenium: 1.14µg (1.62%)