



Green beans & mushrooms with tangy soy dressing



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

Ingredients

- ☐ 300 g green beans french trimmed
- ☐ 100 g mushroom white halved
- ☐ 20 g pack chives chopped
- ☐ 5 tbsp soya sauce
- ☐ 1 tbsp root ginger fresh grated
- ☐ 1 tbsp honey
- ☐ 1 garlic clove with a knife crushed

- ☐ 2 tbsp juice of lemon
- ☐ 5 tbsp olive oil extra-virgin

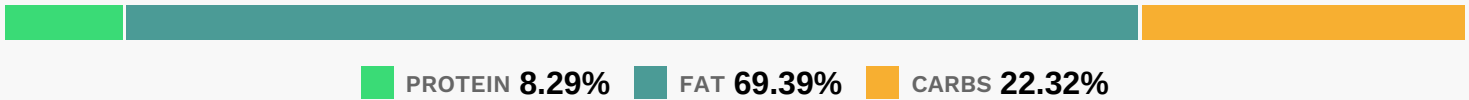
Equipment

- ☐ bowl
- ☐ kitchen towels

Directions

- ☐ Boil the beans in salted water for 5–7 mins, then drain and submerge in a bowl of iced water. Pat dry with a tea towel and tip into a bowl with the mushrooms and chives.
- ☐ Put the rest of the ingredients into a small jar and shake well.
- ☐ Pour over the beans and toss gently. Pack in a covered container and refrigerate.

Nutrition Facts



Properties

Glycemic Index:39.21, Glycemic Load:2.82, Inflammation Score:-5, Nutrition Score:7.1273912379275%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 145.72kcal (7.29%), Fat: 11.9g (18.3%), Saturated Fat: 1.65g (10.34%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 6.83g (2.49%), Sugar: 5.3g (5.89%), Cholesterol: 0mg (0%), Sodium: 842.49mg (36.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Vitamin K: 35.63µg (33.94%), Vitamin C: 10.55mg (12.79%), Vitamin E: 1.9mg (12.7%), Manganese: 0.22mg (10.88%), Vitamin A: 490.45IU (9.81%), Vitamin B2: 0.15mg (8.74%), Vitamin B3: 1.6mg (8.02%), Fiber: 1.78g (7.1%), Folate: 26.75µg (6.69%), Vitamin B6: 0.13mg (6.68%), Iron: 1.11mg (6.16%), Potassium: 214.1mg (6.12%), Copper: 0.12mg (5.96%), Phosphorus: 56.47mg (5.65%), Magnesium: 22.4mg

(5.6%), Vitamin B1: 0.07mg (4.56%), Vitamin B5: 0.44mg (4.43%), Selenium: 2.11µg (3.02%), Calcium: 26.78mg (2.68%), Zinc: 0.31mg (2.07%)