



Green Beans with Benne and Sorghum



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 2 pounds green beans trimmed
- ☐ 0.3 teaspoon ground cumin
- ☐ 8 servings kosher salt
- ☐ 2 tablespoons soya sauce reduced-sodium
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons sesame seed
- ☐ 2 tablespoons sorghum syrup

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat oven to 450°F. Cook beans in a large pot of boiling salted water until crisp-tender, about 2 minutes.
- ☐ Drain, transfer to a bowl of ice water, and let cool.
- ☐ Drain and pat dry.
- ☐ Toss beans and oil on a rimmed baking sheet; season with salt and pepper. Roast, tossing occasionally, until tender and lightly charred in spots, 10–15 minutes.
- ☐ Meanwhile, whisk soy sauce, sorghum, benne seeds, and cumin in a large bowl; season with salt and pepper.
- ☐ Add warm beans and toss to coat.
- ☐ DO AHEAD: Dressing can be made 5 days ahead. Cover and chill.

Nutrition Facts



PROTEIN 12.67% FAT 39.9% CARBS 47.43%

Properties

Glycemic Index:14.75, Glycemic Load:2.26, Inflammation Score:-6, Nutrition Score:8.7743478443312%

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: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 84.26kcal (4.21%), Fat: 4.15g (6.38%), Saturated Fat: 0.6g (3.72%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 7.68g (2.79%), Sugar: 3.72g (4.13%), Cholesterol: 0mg (0%), Sodium: 345.07mg (15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.93%), Vitamin K: 51.04µg (48.61%), Vitamin C: 13.84mg (16.78%), Vitamin A: 783.83IU (15.68%), Manganese: 0.29mg (14.48%), Fiber: 3.41g (13.65%), Folate: 39.69µg (9.92%), Vitamin B6: 0.17mg (8.54%), Iron: 1.53mg (8.5%), Magnesium: 33.27mg (8.32%), Vitamin B2: 0.13mg (7.91%), Potassium: 271.15mg (7.75%), Vitamin B1: 0.11mg (7.19%), Vitamin E: 0.99mg (6.6%), Phosphorus: 63.96mg (6.4%), Copper: 0.1mg (5.13%), Vitamin B3: 1.01mg (5.06%), Calcium: 50.25mg (5.02%), Vitamin B5: 0.27mg (2.7%), Zinc: 0.35mg (2.31%), Selenium: 0.88µg (1.26%)