



Green Beans with Ginger and Cashews



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup chicken broth low-sodium homemade canned
- ☐ 3 tablespoons ginger fresh peeled finely chopped (from)
- ☐ 1.5 pounds green beans trimmed cut into 1-inch pieces (5 cups)
- ☐ 0.5 teaspoon salt
- ☐ 1 cup roasted cashews salted coarsely chopped
- ☐ 4 tablespoons butter unsalted ()

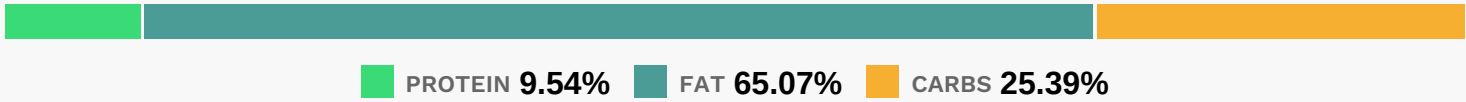
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ ziploc bags
- ☐ colander

Directions

- ☐ In large pot boiling salted water, cook beans until crisp-tender, about 4 minutes.
- ☐ Drain in colander and rinse well under cold running water.
- ☐ Drain well and pat dry with paper towels. (Green beans can be prepared up to 1 day ahead and refrigerated, wrapped in paper towels, in zippered plastic bags.)
- ☐ In 12-inch heavy skillet over moderate heat, heat butter until hot but not smoking.
- ☐ Add ginger and sauté until softened and fragrant, about 30 seconds. Stir in green beans and stock and cook, stirring often, until liquid is almost completely evaporated, about 3 to 6 minutes.
- ☐ Add cashews and sauté 1 minute. Stir in salt and pepper. (Green beans can be made up to 30 minutes before serving.
- ☐ Let stand in skillet, uncovered. Reheat over high heat, stirring often, about 2 minutes.)
- ☐ Transfer to serving dish and serve immediately.
- ☐ The green beans can be blanched up to 1 day ahead, but be sure to wrap them in paper towels before refrigerating to soak up excess moisture. Even stored like this, they'll last only 1 day before sogginess sets in.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:1.74, Inflammation Score:-7, Nutrition Score:10.145652185316%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 179.47kcal (8.97%), Fat: 13.91g (21.4%), Saturated Fat: 5.24g (32.74%), Carbohydrates: 12.21g (4.07%), Net Carbohydrates: 9.34g (3.39%), Sugar: 3.7g (4.11%), Cholesterol: 15.05mg (5.02%), Sodium: 265.59mg (11.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.17%), Vitamin K: 43.11µg (41.06%), Copper: 0.45mg (22.72%), Manganese: 0.34mg (16.99%), Magnesium: 67.31mg (16.83%), Vitamin A: 762.11IU (15.24%), Vitamin C: 10.51mg (12.74%), Phosphorus: 123.33mg (12.33%), Fiber: 2.88g (11.51%), Iron: 1.96mg (10.88%), Folate: 40.39µg (10.1%), Potassium: 302.33mg (8.64%), Vitamin B6: 0.17mg (8.49%), Zinc: 1.19mg (7.96%), Vitamin B2: 0.13mg (7.68%), Vitamin B1: 0.11mg (7%), Vitamin B3: 1.09mg (5.45%), Vitamin E: 0.68mg (4.51%), Calcium: 42.23mg (4.22%), Vitamin B5: 0.41mg (4.14%), Selenium: 2.61µg (3.72%)