



Green Beans with Miso and Almonds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 2.5 pounds green beans fresh
- ☐ 10 servings kosher salt
- ☐ 2 tablespoons mustard mixed english with 1 tablespoon water hot prepared (not wasabi)
- ☐ 3 tablespoons spring onion divided thinly sliced
- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons rice vinegar
- ☐ 2 tablespoons vegetable oil

☐ 0.3 cup miso white (fermented soybean paste)

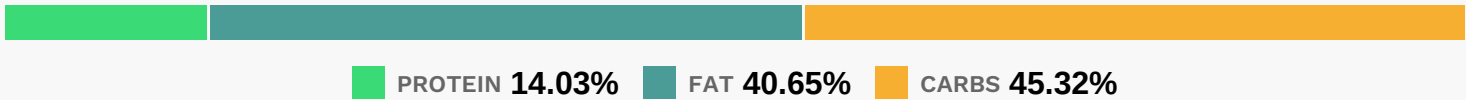
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ ziploc bags

Directions

- ☐ Working in 3 batches, cook green beans in a large pot of boiling salted water until crisp-tender.
- ☐ Transfer to a large bowl of ice water to cool.
- ☐ Drain well. Trim beans; cut in half on a sharp diagonal. DO AHEAD: Can be made 8 hours ahead. Arrange cooked beans in batches in paper towels, roll into cylinders, and transfer to plastic bags; seal and chill.
- ☐ Whisk miso, 2 tablespoons scallions, vinegar, mustard, oil, and sugar in a small bowl. Season dressing to taste with salt.
- ☐ Place green beans in a large bowl.
- ☐ Pour dressing over; toss to coat.
- ☐ Garnish with almonds and remaining 1 tablespoon scallions.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.11, Glycemic Load:3.96, Inflammation Score:-7, Nutrition Score:9.9991304602312%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 94.02kcal (4.7%), Fat: 4.64g (7.14%), Saturated Fat: 0.64g (3.98%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 7.74g (2.81%), Sugar: 5.51g (6.12%), Cholesterol: 0mg (0%), Sodium: 490.45mg (21.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.21%), Vitamin K: 59.55µg (56.71%), Manganese: 0.38mg (18.76%), Vitamin C: 14.19mg (17.19%), Vitamin A: 808.53IU (16.17%), Fiber: 3.9g (15.59%), Folate: 41.1µg (10.28%), Magnesium: 39.71mg (9.93%), Vitamin B2: 0.16mg (9.64%), Vitamin B6: 0.18mg (8.99%), Vitamin E: 1.3mg (8.65%), Iron: 1.5mg (8.35%), Potassium: 280.19mg (8.01%), Vitamin B1: 0.11mg (7.41%), Phosphorus: 69.18mg (6.92%), Copper: 0.14mg (6.75%), Calcium: 55.67mg (5.57%), Vitamin B3: 1mg (5.02%), Zinc: 0.55mg (3.65%), Selenium: 2.32µg (3.31%), Vitamin B5: 0.3mg (2.99%)