



## Green Beans with Peanut-Ginger Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



20

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb green beans fresh trimmed
- 0.3 cup creamy peanut butter
- 1 tablespoon sugar
- 2 tablespoons rice vinegar
- 2 tablespoons soya sauce
- 1 tablespoon vegetable oil
- 0.3 teaspoon pepper red crushed
- 1 piece ginger peeled finely chopped (1 inch) (2 tablespoons)

- 1 clove garlic finely chopped
- 1 serving peanuts chopped

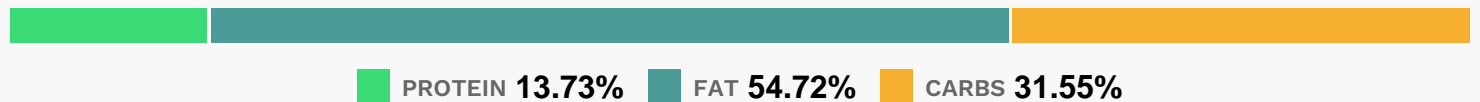
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- In 3-quart saucepan, heat 6 cups water to boiling over high heat.
- Add beans to boiling water. Cook 4 to 6 minutes or until crisp-tender; drain. Rinse with cold water; drain. Cover; refrigerate while making dip.
- In medium bowl, beat remaining ingredients except peanuts with wire whisk until smooth. Cover; refrigerate at least 30 minutes to blend flavors. Stir before serving.
- Garnish with peanuts.
- Serve beans with dip.

## Nutrition Facts



## Properties

Glycemic Index:12.72, Glycemic Load:0.98, Inflammation Score:-2, Nutrition Score:2.4295652443948%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 36.83kcal (1.84%), Fat: 2.41g (3.71%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.72g (1.91%), Cholesterol: 0mg (0%), Sodium: 116.27mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin K: 11.04µg (10.52%), Manganese: 0.11mg (5.56%), Vitamin C: 2.83mg (3.43%), Vitamin B3: 0.68mg (3.41%), Vitamin A: 163.92IU (3.28%), Fiber: 0.81g (3.22%), Magnesium: 12.18mg (3.04%), Vitamin E: 0.45mg (3.02%), Folate: 10.75µg (2.69%), Vitamin B6: 0.05mg (2.65%),

Phosphorus: 22.57mg (2.26%), Potassium: 72.82mg (2.08%), Vitamin B2: 0.03mg (1.95%), Iron: 0.34mg (1.91%),  
Copper: 0.03mg (1.69%), Vitamin B1: 0.02mg (1.66%), Calcium: 10.9mg (1.09%)