



Green Beans with Shiitake Mushrooms



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds green beans fresh
- ☐ 0.3 cup slivered almonds
- ☐ 6 ounces mushroom caps fresh
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon sesame oil
- ☐ 3 cloves garlic finely chopped
- ☐ 2 tablespoons soya sauce

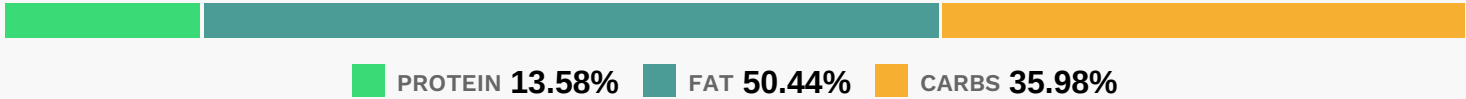
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ steamer basket

Directions

- ☐ Remove ends of beans. Leave beans whole, or cut into 1-inch pieces.
- ☐ Place steamer basket in 1/2 inch water in saucepan or skillet (water should not touch bottom of basket).
- ☐ Place green beans in steamer basket. Cover tightly and heat to boiling; reduce heat. Steam 10 minutes.
- ☐ Cook almonds in ungreased heavy skillet over medium-low heat 5 to 7 minutes, stirring frequently until browning begins, then stirring constantly until golden brown and fragrant.
- ☐ Remove tough stems of mushrooms; cut mushrooms into 1/4-inch slices.
- ☐ Heat olive and sesame oils in 12-inch skillet over medium heat. Cook mushrooms and garlic in oil 3 minutes, stirring occasionally. Stir in soy sauce and green beans. Cook 2 to 3 minutes or until green beans are crisp-tender.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:2.84, Inflammation Score:-7, Nutrition Score:11.735217374304%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 117.35kcal (5.87%), Fat: 7.25g (11.15%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 7.22g (2.63%), Sugar: 4.68g (5.2%), Cholesterol: 0mg (0%), Sodium: 344.82mg (14.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Vitamin K: 53.27µg (50.74%), Manganese: 0.47mg (23.4%), Fiber: 4.41g (17.65%), Vitamin C: 14.3mg (17.34%), Vitamin A: 782.63IU (15.65%), Vitamin B2: 0.24mg (14.21%), Vitamin B6: 0.28mg (13.99%), Vitamin E: 1.84mg (12.24%), Magnesium: 48.94mg (12.24%), Vitamin B3: 2.34mg (11.71%), Folate: 44.21µg (11.05%), Potassium: 377.17mg (10.78%), Phosphorus: 106.58mg (10.66%), Iron: 1.62mg (9%), Copper: 0.18mg (8.87%), Vitamin B1: 0.11mg (7.53%), Vitamin B5: 0.73mg (7.33%), Calcium: 58.54mg (5.85%), Zinc: 0.75mg (4.99%), Selenium: 2.74µg (3.92%)