



Honey Ginger Green Beans

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



179 kcal

SIDE DISH

Ingredients

- 1 teaspoon ginger root fresh minced
- 2 pounds green beans fresh trimmed
- 1 tablespoon garlic minced
- 1 cup honey
- 0.8 cup soya sauce reduced-sodium

Equipment

- frying pan
- pot

Directions

- Bring a large pot of water to a boil; add green beans and cook until bright green and just tender, about 5 minutes.
- Drain and rinse with cold water.
- Heat soy sauce in a large skillet over medium heat. Cook and stir garlic and ginger in soy sauce until fragrant; stir in honey.
- Add green beans and toss to coat. Reduce heat to medium-low and simmer until beans are tender, about 5 minutes more.

Nutrition Facts

 **PROTEIN 8.92%**  **FAT 1.49%**  **CARBS 89.59%**

Properties

Glycemic Index:17.91, Glycemic Load:20.53, Inflammation Score:-6, Nutrition Score:9.7169564962387%

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: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 179.29kcal (8.96%), Fat: 0.33g (0.5%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 44.53g (14.84%), Net Carbohydrates: 41.19g (14.98%), Sugar: 38.62g (42.91%), Cholesterol: 0mg (0%), Sodium: 869.33mg (37.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.87%), Vitamin K: 48.78µg (46.46%), Manganese: 0.4mg (19.87%), Vitamin C: 14.37mg (17.42%), Vitamin A: 782.54IU (15.65%), Fiber: 3.34g (13.36%), Folate: 48.85µg (12.21%), Magnesium: 46.05mg (11.51%), Vitamin B2: 0.19mg (11.33%), Vitamin B6: 0.22mg (11.06%), Potassium: 350.5mg (10.01%), Iron: 1.69mg (9.37%), Phosphorus: 86.09mg (8.61%), Vitamin B1: 0.1mg (6.97%), Vitamin B3: 1.16mg (5.83%), Copper: 0.11mg (5.44%), Calcium: 53.52mg (5.35%), Zinc: 0.57mg (3.78%), Vitamin E: 0.56mg (3.76%), Vitamin B5: 0.37mg (3.67%), Selenium: 1.28µg (1.83%)