



Japanese Green Beans with Beef



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound green beans trimmed cut into 1 inch pieces
- ☐ 1 pound ground beef
- ☐ 0.3 cup splenda® no calorie sweetener
- ☐ 0.3 cup soya sauce
- ☐ 1 cup water

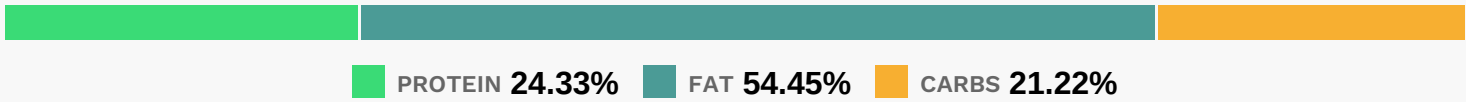
Equipment

- ☐ frying pan

Directions

- ☐ In a large skillet over medium heat, cook the ground beef until evenly brown; drain excess fat.
- ☐ Stir in green beans and about 1 cup water. Cover, and cook until beans are tender, 15 to 20 minutes.
- ☐ Season with SPLENDA® Granulated Sweetener and soy sauce, and cook uncovered for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:8.03, Inflammation Score:-6, Nutrition Score:18.024347875429%

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: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 373.88kcal (18.69%), Fat: 22.94g (35.3%), Saturated Fat: 8.76g (54.75%), Carbohydrates: 20.11g (6.7%), Net Carbohydrates: 16.93g (6.16%), Sugar: 13.98g (15.53%), Cholesterol: 80.51mg (26.84%), Sodium: 895.71mg (38.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.07g (46.14%), Vitamin K: 50.8µg (48.38%), Vitamin B12: 2.43µg (40.45%), Zinc: 5.08mg (33.87%), Vitamin B3: 6.2mg (30.99%), Vitamin B6: 0.56mg (27.76%), Selenium: 17.81µg (25.44%), Phosphorus: 241.11mg (24.11%), Iron: 3.71mg (20.63%), Vitamin B2: 0.31mg (18.11%), Vitamin C: 13.83mg (16.77%), Potassium: 576.68mg (16.48%), Manganese: 0.33mg (16.43%), Vitamin A: 782.45IU (15.65%), Magnesium: 54.02mg (13.5%), Fiber: 3.18g (12.71%), Folate: 47.97µg (11.99%), Vitamin B1: 0.15mg (10.02%), Copper: 0.18mg (8.82%), Vitamin B5: 0.88mg (8.79%), Calcium: 67.04mg (6.7%), Vitamin E: 0.93mg (6.2%)