



Ken Shoe Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch pepper black
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 1 pound green beans fresh trimmed cut into 2-inch pieces
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup vegetable oil; peanut oil preferred for frying
- ☐ 1.5 teaspoons soya sauce dark
- ☐ 0.5 teaspoon sugar white

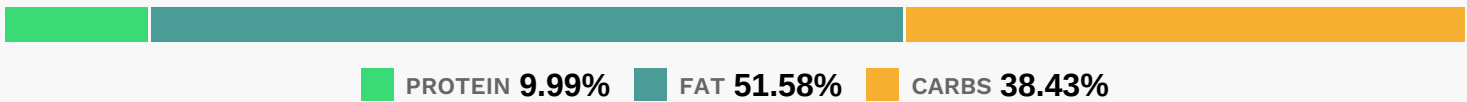
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat the peanut oil in a wok or skillet with high sides over medium-high heat until almost smoking; add the green beans. Quickly cook and stir the beans in the hot oil until they are bright green and starting to show brown spots, about 2 minutes.
- ☐ Remove the beans to a bowl.
- ☐ Drain all but 2 tablespoons of oil from the pan and return to heat. Cook and stir the ginger and garlic in the oil until they have started to brown, about 2 minutes. Return the green beans to the wok; add the dark soy sauce, sugar, and black pepper. Cook until hot; about 30 more seconds.

Nutrition Facts



Properties

Glycemic Index:52.02, Glycemic Load:2.82, Inflammation Score:-6, Nutrition Score:8.5430433905643%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 90.61kcal (4.53%), Fat: 5.68g (8.73%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 6.35g (2.31%), Sugar: 4.28g (4.76%), Cholesterol: 0mg (0%), Sodium: 133.07mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.95%), Vitamin K: 48.88µg (46.55%), Vitamin C: 14.55mg (17.63%), Vitamin A: 782.76IU (15.66%), Manganese: 0.3mg (14.84%), Fiber: 3.16g (12.65%), Vitamin B6: 0.19mg (9.6%), Folate: 38.08µg (9.52%), Vitamin E: 1.32mg (8.79%), Magnesium: 30.54mg (7.64%), Potassium: 259.66mg (7.42%), Vitamin B2: 0.12mg (7.31%), Iron: 1.27mg (7.06%), Vitamin B1: 0.1mg (6.59%), Phosphorus: 49.71mg (4.97%), Vitamin B3: 0.95mg (4.74%), Calcium: 46.42mg (4.64%), Copper: 0.09mg (4.58%), Vitamin B5: 0.28mg (2.79%), Zinc: 0.31mg (2.08%), Selenium: 1µg (1.43%)