



Long Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



163 kcal

SIDE DISH

Ingredients

- 4 large garlic clove thinly sliced
- 1 leaves lime wedges fresh
- 1 tablespoon vegetable oil; peanut oil preferred
- 2 tablespoons roasted peanuts salted finely chopped
- 1 tablespoon sesame seed toasted
- 4 oz shallots thinly sliced
- 1.3 lb long beans chinese trimmed cut into 2-inch pieces

Equipment

bowl

pot

Directions

Cook beans in a large pot of boiling salted water until crisp-tender, 4 to 5 minutes.

Drain, then plunge into a large bowl of ice and cold water to stop cooking.

Drain beans well and pat dry.

Toss beans with remaining ingredients and season with salt.

Nutrition Facts



PROTEIN 15.56% **FAT 39.92%** **CARBS 44.52%**

Properties

Glycemic Index:31.75, Glycemic Load:1.52, Inflammation Score:-8, Nutrition Score:11.406521746646%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 162.93kcal (8.15%), Fat: 7.56g (11.62%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 17.3g (6.29%), Sugar: 2.27g (2.52%), Cholesterol: 0mg (0%), Sodium: 31.46mg (1.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.25%), Vitamin C: 29.93mg (36.27%), Manganese: 0.59mg (29.52%), Folate: 105.87µg (26.47%), Vitamin A: 1227.83IU (24.56%), Magnesium: 84.51mg (21.13%), Potassium: 495.33mg (14.15%), Vitamin B1: 0.21mg (13.76%), Phosphorus: 137.21mg (13.72%), Calcium: 111.38mg (11.14%), Copper: 0.22mg (10.84%), Vitamin B2: 0.17mg (10.24%), Vitamin B6: 0.2mg (9.89%), Iron: 1.47mg (8.14%), Vitamin B3: 1.5mg (7.48%), Fiber: 1.66g (6.63%), Zinc: 0.93mg (6.19%), Selenium: 3.96µg (5.65%), Vitamin E: 0.57mg (3.79%), Vitamin B5: 0.25mg (2.49%)