



Long Beans and Noodles

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



674 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 8 ounces shanghai noodles fresh thick ()
- ☐ 3 tablespoons rice vinegar
- ☐ 2 tablespoons salad oil
- ☐ 1 tablespoon serrano chili fresh red hot minced (or)
- ☐ 2 tablespoons sesame seed
- ☐ 2 tablespoons soya sauce

- ☐ 0.5 teaspoon sugar
- ☐ 0.5 pound yard-long beans

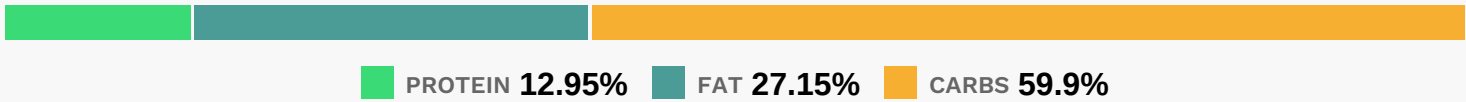
Equipment

- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring about 3 quarts water to a boil.
- ☐ Meanwhile, trim stem ends from 1/2 pound yard-long beans; rinse beans.
- ☐ To boiling water, add beans and 8 ounces fresh udon or fresh Shanghai (about 1/4 in. thick) noodles. Cook just until beans and noodles are tender to bite, 4 to 5 minutes.
- ☐ Drain.
- ☐ To prepare sesame dressing: In a 6- to 8-inch frying pan over medium heat, combine 2 tablespoons each salad oil and sesame seed. Shake pan often until seed is golden, 3 to 5 minutes.
- ☐ Add 1 tablespoon each minced fresh ginger, minced garlic, and minced fresh red jalapeo or serrano chili (or 1/4 to 1/2 teaspoon hot chili flakes). Stir, remove from heat, and let cool about 2 minutes.
- ☐ Add 3 tablespoons rice vinegar, 2 tablespoons soy sauce, and 1/2 teaspoon sugar and stir to blend.
- ☐ Mix sesame dressing with hot beans and noodles.

Nutrition Facts



Properties

Glycemic Index:128.55, Glycemic Load:35.65, Inflammation Score:-9, Nutrition Score:25.106956585594%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 673.7kcal (33.68%), Fat: 20.24g (31.14%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 100.47g (33.49%), Net Carbohydrates: 95.32g (34.66%), Sugar: 4.75g (5.28%), Cholesterol: 0mg (0%), Sodium: 1020.06mg (44.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.72g (43.44%), Selenium: 77.01µg (110.02%), Manganese: 1.66mg (83.05%), Copper: 0.76mg (38.2%), Magnesium: 149.65mg (37.41%), Phosphorus: 366.17mg (36.62%), Vitamin C: 26.06mg (31.59%), Folate: 103.92µg (25.98%), Vitamin A: 1051.25IU (21.02%), Iron: 3.76mg (20.89%), Vitamin B1: 0.31mg (20.68%), Fiber: 5.14g (20.58%), Vitamin B6: 0.38mg (19%), Potassium: 654.25mg (18.69%), Zinc: 2.8mg (18.64%), Vitamin B3: 3.63mg (18.17%), Vitamin E: 2.66mg (17.72%), Calcium: 172.18mg (17.22%), Vitamin B2: 0.25mg (14.8%), Vitamin K: 11.04µg (10.51%), Vitamin B5: 0.67mg (6.69%)