



Long Beans with Black Bean Sauce



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup black bean garlic sauce
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 pound ground pork lean
- ☐ 1 pound beans fresh (see notes)
- ☐ 6 oz onion peeled chopped
- ☐ 1 tablespoon salad oil

Equipment

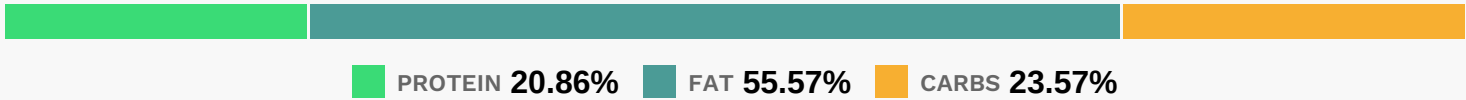
- ☐ bowl

- ☐ frying pan
- ☐ wok

Directions

- ☐ Trim stem ends from beans, remove any strings, and cut beans into 3-inch lengths; rinse.
- ☐ Set a wok or 5- to 6-quart pan over high heat. When pan is hot, add 1 cup water and beans. Cover and stir occasionally until beans are tender to bite, 4 to 5 minutes.
- ☐ Drain beans and pour into a bowl.
- ☐ Meanwhile, in a small bowl, mix black bean sauce, 3/4 cup water, and cornstarch.
- ☐ Return pan to high heat and add oil. When hot, add pork and stir-fry until meat is crumbled and lightly browned, about 3 minutes.
- ☐ Add onion and stir-fry 1 minute.
- ☐ Add black bean sauce mixture and beans. Stir until sauce boils, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:2.4, Inflammation Score:-5, Nutrition Score:11.24478254532%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 260.71kcal (13.04%), Fat: 16.21g (24.93%), Saturated Fat: 4.74g (29.61%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 12.19g (4.43%), Sugar: 3.49g (3.88%), Cholesterol: 40.82mg (13.61%), Sodium: 40.79mg (1.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.69g (27.38%), Vitamin C: 27.36mg (33.16%), Folate: 124.31µg (31.08%), Vitamin B1: 0.43mg (28.97%), Selenium: 14.19µg (20.27%), Phosphorus: 154.78mg (15.48%), Vitamin B6: 0.27mg (13.41%), Potassium: 461.84mg (13.2%), Fiber: 3.28g (13.11%), Vitamin B3: 2.51mg (12.54%), Iron: 2.14mg (11.92%), Zinc: 1.77mg (11.83%), Magnesium: 45.67mg (11.42%), Vitamin B2: 0.14mg (8.51%), Calcium: 68.77mg (6.88%), Vitamin B12: 0.4µg (6.61%), Copper: 0.12mg (6.1%), Vitamin B5: 0.43mg (4.31%), Vitamin E: 0.62mg (4.14%), Manganese: 0.06mg (3.05%), Vitamin K: 2.67µg (2.54%)