

**59%**
HEALTH SCORE

Mixed Beans with Hoisin Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 cup garbanzos dried canned rinsed cooked drained (and)
- ☐ 1 tablespoon garlic chopped
- ☐ 6 ounces green beans
- ☐ 0.3 cup green onions thinly sliced
- ☐ 6 oz bell pepper red
- ☐ 1 tablespoon asian sesame oil toasted ()
- ☐ 1 cup beans dried white canned rinsed cooked drained (and)

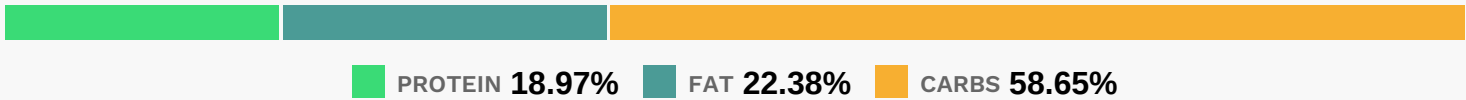
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Rinse green beans and trim off stem ends; cut beans into about 3-inch lengths. Rinse, stem, and seed bell pepper; cut lengthwise into thin slivers about 3 inches long.
- ☐ Set a 10- to 12-inch frying pan over medium-high heat. When pan is hot, add green beans and 3 tablespoons water; cover and cook until beans are bright green, 3 to 4 minutes.
- ☐ Add 1 teaspoon sesame oil, bell pepper, and garlic; stir until pepper begins to soften, about 2 minutes.
- ☐ Add garbanzos, white beans, green onions, and hoisin vinaigrette. Stir until garbanzos and white beans are hot, about 2 minutes. Stir in remaining 2 teaspoons sesame oil.
- ☐ Pour into a serving bowl and sprinkle with cilantro.
- ☐ Hoisin vinaigrette. In a blender or food processor, whirl 1/3 cup rice vinegar, 1 1/2 tablespoons hoisin sauce, 1 1/2 tablespoons water, and 2 teaspoons chopped fresh ginger until smooth. Makes about 1/2 cup.

Nutrition Facts



Properties

Glycemic Index:32.96, Glycemic Load:2.52, Inflammation Score:-8, Nutrition Score:12.351304396339%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 126.86kcal (6.34%), Fat: 3.31g (5.09%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 19.52g (6.51%), Net Carbohydrates: 14.03g (5.1%), Sugar: 3.67g (4.08%), Cholesterol: 0mg (0%), Sodium: 7.68mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Vitamin C: 41.58mg (50.4%), Manganese: 0.6mg (29.79%), Vitamin K: 27.76µg (26.44%), Folate: 97.21µg (24.3%), Vitamin A: 1150.62IU (23.01%), Fiber: 5.49g (21.97%), Iron: 2.41mg (13.41%), Potassium: 387.57mg (11.07%), Magnesium: 43.87mg (10.97%), Copper: 0.22mg (10.75%), Vitamin B6: 0.21mg (10.41%), Phosphorus: 101.9mg (10.19%), Vitamin B1: 0.11mg (7.42%), Zinc: 1.01mg (6.71%), Vitamin E: 1.01mg (6.71%), Calcium: 59.18mg (5.92%), Vitamin B2: 0.09mg (5.33%), Vitamin B3: 0.71mg (3.55%), Vitamin B5: 0.31mg (3.13%), Selenium: 1.82µg (2.6%)