



Mung Beans Cooked in Sweet Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



220 min.

SERVINGS



4

CALORIES



310 kcal

SIDE DISH

Ingredients



1 cup coconut sugar



1 cup skin-on whole green



5.3 cups water

Equipment

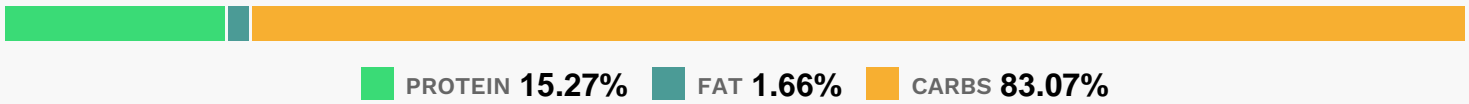


pot

Directions

- ☐ Place the mung beans into a large container and cover with several inches of cool water; let stand 3 hours to overnight.
- ☐ Drain and rinse before using.
- ☐ Combine the beans with 5 1/4 quart water in a large pot over medium heat; cook until the beans are tender, about 30 minutes. Stir the sugar into the mixture; cook and stir until the sugar is completely dissolved.
- ☐ Remove from heat and serve warm.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:18.79, Inflammation Score:-7, Nutrition Score:14.694782697636%

Nutrients (% of daily need)

Calories: 309.97kcal (15.5%), Fat: 0.6g (0.92%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 67.2g (22.4%), Net Carbohydrates: 58.76g (21.37%), Sugar: 29.5g (32.78%), Cholesterol: 0mg (0%), Sodium: 101.69mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.7%), Folate: 323.44µg (80.86%), Fiber: 8.44g (33.74%), Copper: 0.54mg (26.83%), Manganese: 0.54mg (26.78%), Magnesium: 100.91mg (25.23%), Vitamin B1: 0.32mg (21.42%), Iron: 3.49mg (19.38%), Phosphorus: 189.92mg (18.99%), Potassium: 644.8mg (18.42%), Vitamin B5: 0.99mg (9.88%), Vitamin B6: 0.2mg (9.88%), Zinc: 1.42mg (9.45%), Calcium: 77.63mg (7.76%), Vitamin B2: 0.12mg (7.09%), Selenium: 4.24µg (6.06%), Vitamin B3: 1.16mg (5.82%), Vitamin K: 4.66µg (4.44%), Vitamin C: 2.48mg (3.01%), Vitamin E: 0.26mg (1.76%), Vitamin A: 58.99IU (1.18%)