



Pan-Asian Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



58 kcal

SIDE DISH

Ingredients



1 tablespoon sesame oil dark



1 pound slender green beans



1 pound baby pattypan squash

Equipment

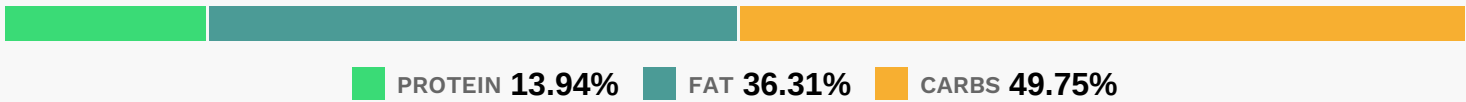
Directions



Cook beans and squash in boiling water to cover 5 minutes or until crisp-tender.

- ☐
- Drain well. Toss with sesame oil; sprinkle with sesame seeds, if desired.
- ☐
- Serve immediately.
- ☐
- Note: Beans and squash may be prepared ahead. Plunge cooked vegetables into ice water until cool.
- ☐
- Drain well. Just before serving, steam vegetables until thoroughly heated; drain well, and proceed as above.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:1.48, Inflammation Score:-6, Nutrition Score:8.2486956275028%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 57.67kcal (2.88%), Fat: 2.65g (4.08%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 5.22g (1.9%), Sugar: 4.27g (4.75%), Cholesterol: 0mg (0%), Sodium: 5.29mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin K: 35.32µg (33.64%), Vitamin C: 22.83mg (27.67%), Manganese: 0.28mg (14.1%), Vitamin A: 685.68IU (13.71%), Folate: 47.63µg (11.91%), Fiber: 2.95g (11.79%), Vitamin B6: 0.19mg (9.45%), Magnesium: 36.29mg (9.07%), Potassium: 297.1mg (8.49%), Vitamin B1: 0.11mg (7.66%), Copper: 0.13mg (6.46%), Iron: 1.08mg (6.01%), Vitamin B2: 0.1mg (5.96%), Phosphorus: 55.94mg (5.59%), Vitamin B3: 1.01mg (5.04%), Calcium: 42.34mg (4.23%), Vitamin E: 0.44mg (2.94%), Zinc: 0.4mg (2.67%), Vitamin B5: 0.25mg (2.47%)