



Peanutty Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 0.3 pound green beans fresh trimmed
- ☐ 1 teaspoon miso paste
- ☐ 0.3 cup peanuts chopped
- ☐ 5 tablespoons smooth peanut butter
- ☐ 0.5 teaspoon soya sauce

Equipment

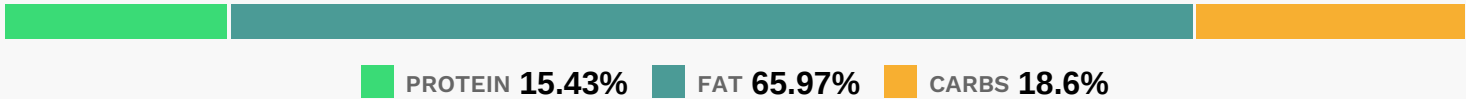
- ☐ mixing bowl

- ☐ pot
- ☐ colander

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add the green beans and cook uncovered until tender, about 3 minutes.
- ☐ Drain in a colander and immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the green beans are cold, drain well and cut into 2-inch pieces.
- ☐ While the green beans are cooking, stir together the peanut butter, sugar, soy sauce, peanuts, and miso paste in a mixing bowl. Once the green beans have been cut, stir into the peanut sauce and serve.

Nutrition Facts



Properties

Glycemic Index:75.13, Glycemic Load:3.06, Inflammation Score:-8, Nutrition Score:19.78347826166%

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: 415.38kcal (20.77%), Fat: 32.86g (50.55%), Saturated Fat: 5.97g (37.3%), Carbohydrates: 20.85g (6.95%), Net Carbohydrates: 14.4g (5.24%), Sugar: 8.82g (9.8%), Cholesterol: 0mg (0%), Sodium: 377.74mg (16.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.58%), Manganese: 1.43mg (71.33%), Vitamin B3: 9.84mg (49.19%), Magnesium: 134.47mg (33.62%), Vitamin K: 33.51µg (31.91%), Folate: 118.61µg (29.65%), Phosphorus: 265.54mg (26.55%), Vitamin E: 3.95mg (26.36%), Fiber: 6.45g (25.79%), Copper: 0.45mg (22.74%), Vitamin B1: 0.29mg (19.02%), Vitamin B6: 0.38mg (18.93%), Potassium: 578.29mg (16.52%), Iron: 2.55mg (14.15%), Zinc: 1.8mg (11.98%), Vitamin B2: 0.2mg (11.6%), Vitamin C: 9.22mg (11.18%), Vitamin A: 524.24IU (10.48%), Vitamin B5: 1.04mg (10.43%), Calcium: 77.03mg (7.7%), Selenium: 4.09µg (5.85%)