



## Quick Sesame Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



15 min.

SERVINGS



4

CALORIES



43 kcal

SIDE DISH

## Ingredients

- 1 teaspoon ginger root fresh grated
- 8 ounces green beans fresh trimmed
- 4 cloves garlic minced
- 2 tablespoons soya sauce low sodium
- 0.5 tablespoon miso paste
- 0.5 teaspoon pepper flakes red
- 1 tablespoon sesame seed toasted

## Equipment

bowl

pot

## Directions

Place the green beans into a steamer insert and set in a pot over one inch of water. Bring to a boil, cover and steam for 5 minutes.

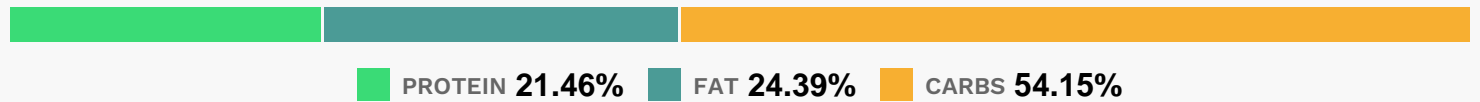
Remove from the heat and transfer beans to a serving bowl.

Meanwhile, in a small bowl, stir together the soy sauce, miso paste, red pepper flakes, garlic and ginger.

Pour over the green beans and toss to coat.

Sprinkle sesame seeds on top.

## Nutrition Facts



## Properties

Glycemic Index:46.75, Glycemic Load:1.75, Inflammation Score:-5, Nutrition Score:6.0730435601233%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

## Nutrients (% of daily need)

Calories: 43.38kcal (2.17%), Fat: 1.32g (2.04%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 4.52g (1.64%), Sugar: 2.08g (2.31%), Cholesterol: 0mg (0%), Sodium: 375.56mg (16.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin K: 25.32µg (24.11%), Manganese: 0.28mg (13.97%), Vitamin C: 7.88mg (9.55%), Vitamin A: 467.65IU (9.35%), Fiber: 2.1g (8.39%), Vitamin B6: 0.16mg (7.8%), Copper: 0.15mg (7.31%), Magnesium: 29.07mg (7.27%), Iron: 1.13mg (6.3%), Folate: 24.79µg (6.2%), Phosphorus: 56.29mg (5.63%), Vitamin B2: 0.09mg (5.52%), Potassium: 180.6mg (5.16%), Calcium: 50.42mg (5.04%), Vitamin B1: 0.07mg (4.96%), Vitamin B3: 0.67mg (3.35%), Zinc: 0.46mg (3.04%), Vitamin E: 0.37mg (2.46%), Selenium: 1.7µg (2.42%), Vitamin B5: 0.18mg (1.82%)