



Sesame & ginger green beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 200 g green beans
- ☐ 1 tbsp sesame oil
- ☐ 1 small ginger chunk very finely chopped
- ☐ 1 garlic clove crushed
- ☐ 1 tsp sesame seed

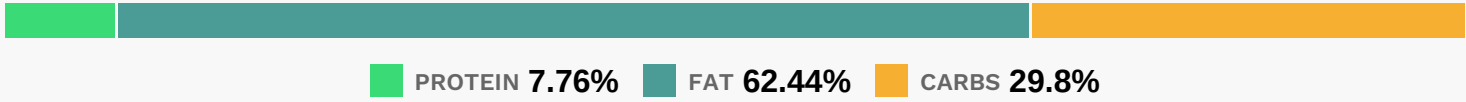
Equipment

- ☐ frying pan

Directions

- ☐ Cook the beans in a pan of boiling water for 3 mins until tender.
- ☐ Drain.
- ☐ Heat the sesame oil, then cook ginger and garlic for 1 min until fragrant. Stir in the beans, season and sprinkle with sesame seeds. Cook for 30 secs until hot through.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.11, Inflammation Score:-4, Nutrition Score:3.8595652761667%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 51.82kcal (2.59%), Fat: 3.88g (5.96%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 2.7g (0.98%), Sugar: 1.67g (1.85%), Cholesterol: 0mg (0%), Sodium: 3.41mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Vitamin K: 21.99µg (20.94%), Vitamin C: 6.42mg (7.78%), Vitamin A: 345.11IU (6.9%), Manganese: 0.14mg (6.84%), Fiber: 1.46g (5.84%), Vitamin B6: 0.09mg (4.33%), Folate: 17.2µg (4.3%), Magnesium: 15.19mg (3.8%), Iron: 0.61mg (3.39%), Potassium: 118.11mg (3.37%), Vitamin B2: 0.05mg (3.21%), Vitamin B1: 0.05mg (3.13%), Copper: 0.06mg (3.06%), Calcium: 25.01mg (2.5%), Phosphorus: 23.89mg (2.39%), Vitamin B3: 0.41mg (2.04%), Vitamin E: 0.26mg (1.74%), Vitamin B5: 0.12mg (1.21%), Zinc: 0.17mg (1.16%)