



Sesame Green Beans



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



79 kcal

SIDE DISH

Ingredients



4 servings pepper black freshly ground to taste



0.3 cup chicken broth



1 pound green beans fresh cut into 2 inch pieces



1 tablespoon olive oil



0.3 teaspoon salt



1 tablespoon sesame seed

Equipment



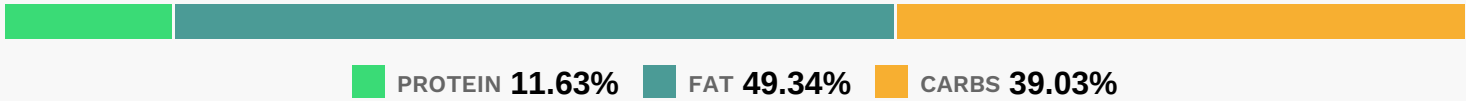
frying pan

☐ wok

Directions

- ☐ Heat oil in a large skillet or wok over medium heat.
- ☐ Add sesame seeds. When seeds start to darken, stir in green beans. Cook, stirring, until the beans turn bright green.
- ☐ Pour in chicken broth, salt and pepper. Cover and cook until beans are tender-crisp, about 10 minutes. Uncover and cook until liquid evaporates.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:2.32, Inflammation Score:-6, Nutrition Score:9.0165217047476%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 78.69kcal (3.93%), Fat: 4.78g (7.35%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 5.18g (1.88%), Sugar: 3.77g (4.19%), Cholesterol: 0.29mg (0.1%), Sodium: 206.95mg (9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.07%), Vitamin K: 51.03µg (48.6%), Vitamin C: 13.83mg (16.77%), Manganese: 0.31mg (15.7%), Vitamin A: 783.47IU (15.67%), Fiber: 3.32g (13.29%), Folate: 39.38µg (9.84%), Magnesium: 35.69mg (8.92%), Vitamin B6: 0.18mg (8.8%), Iron: 1.5mg (8.33%), Copper: 0.16mg (8.18%), Vitamin B2: 0.13mg (7.75%), Vitamin B1: 0.11mg (7.47%), Potassium: 252.67mg (7.22%), Vitamin E: 0.98mg (6.54%), Calcium: 62.61mg (6.26%), Phosphorus: 56.42mg (5.64%), Vitamin B3: 0.96mg (4.78%), Zinc: 0.44mg (2.93%), Vitamin B5: 0.26mg (2.59%), Selenium: 1.43µg (2.05%)