



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

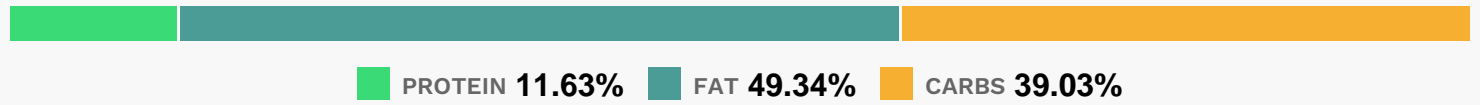
Directions

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%)