



Sesame Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



94 kcal

SIDE DISH

Ingredients

- 1 teaspoon ginger fresh grated
- 2 pounds green beans stemmed
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lemon
- 1 tablespoon rice vinegar
- 3 tablespoons sesame oil
- 2 tablespoons sesame seed

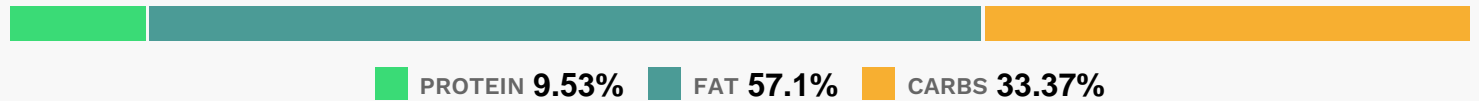
Equipment

- bowl
- whisk
- pot

Directions

- Bring a large pot of water to a boil.
- Add the green beans and cook, uncovered, until crisp-tender, 3 to 4 minutes.
- Drain and set aside.
- In a large bowl, whisk together the remaining ingredients until well blended.
- Add the green beans and toss to combine well. Season to taste with freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:2.32, Inflammation Score:-6, Nutrition Score:8.7630433932595%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 94kcal (4.7%), Fat: 6.5g (10%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 5.24g (1.91%), Sugar: 3.76g (4.17%), Cholesterol: 0mg (0%), Sodium: 79.79mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Vitamin K: 49.48µg (47.12%), Vitamin C: 14.57mg (17.66%), Vitamin A: 782.74IU (15.65%), Manganese: 0.3mg (14.81%), Fiber: 3.31g (13.23%), Folate: 39.76µg (9.94%), Magnesium: 35.61mg (8.9%), Vitamin B6: 0.18mg (8.85%), Iron: 1.46mg (8.13%), Copper: 0.16mg (8.05%), Vitamin B1: 0.11mg (7.29%), Vitamin B2: 0.12mg (7.25%), Potassium: 251.65mg (7.19%), Calcium: 61.77mg (6.18%), Phosphorus: 55.99mg (5.6%), Vitamin B3: 0.93mg (4.63%), Vitamin E: 0.55mg (3.65%), Zinc: 0.43mg (2.86%), Vitamin B5: 0.26mg (2.59%), Selenium: 1.38µg (1.97%)