



## Sesame Seed Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



191 kcal

SIDE DISH

### Ingredients

- 8 servings pepper black to taste
- 30 ounce green beans frozen thawed
- 0.7 cup sesame seed
- 0.3 cup soya sauce
- 0.3 cup vegetable oil

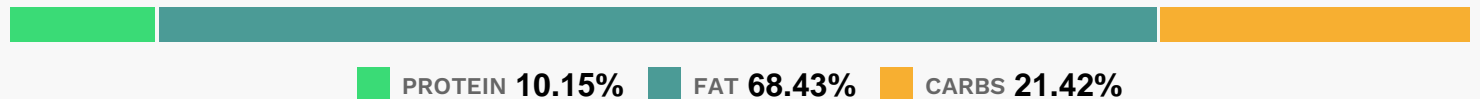
### Equipment

- frying pan

## Directions

- Toast sesame seeds in a large dry skillet over medium heat until they turn golden brown.
- Spread out onto a plate and allow to cool.
- Heat vegetable oil in a large skillet over medium-high heat.
- Add green beans and soy sauce. Cook, stirring constantly, until the beans are hot and tender, about 10 minutes. Season with black pepper to taste, and toss with toasted sesame seeds.

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:2.68, Inflammation Score:-7, Nutrition Score:14.120869553607%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

## Nutrients (% of daily need)

Calories: 190.93kcal (9.55%), Fat: 15.54g (23.91%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 6.5g (2.36%), Sugar: 3.67g (4.08%), Cholesterol: 0mg (0%), Sodium: 547.75mg (23.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.38%), Vitamin K: 62.58µg (59.6%), Manganese: 0.6mg (29.91%), Copper: 0.6mg (29.9%), Magnesium: 74.49mg (18.62%), Fiber: 4.45g (17.79%), Iron: 3.16mg (17.53%), Calcium: 163.59mg (16.36%), Vitamin C: 12.97mg (15.72%), Vitamin A: 735.22IU (14.7%), Vitamin B6: 0.27mg (13.41%), Phosphorus: 131.75mg (13.17%), Vitamin B1: 0.19mg (12.79%), Folate: 48.96µg (12.24%), Vitamin B2: 0.16mg (9.19%), Potassium: 304.64mg (8.7%), Vitamin B3: 1.73mg (8.64%), Zinc: 1.27mg (8.44%), Vitamin E: 1.21mg (8.07%), Selenium: 5.02µg (7.17%), Vitamin B5: 0.28mg (2.83%)