



Sichuan Green Beans



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar black chinese
- ☐ 1 tablespoon canola oil divided
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1.5 tablespoons garlic minced
- ☐ 1 pound green beans trimmed cut into 2-inch pieces
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.5 teaspoon salt

☐ 0.3 cup shallots chopped

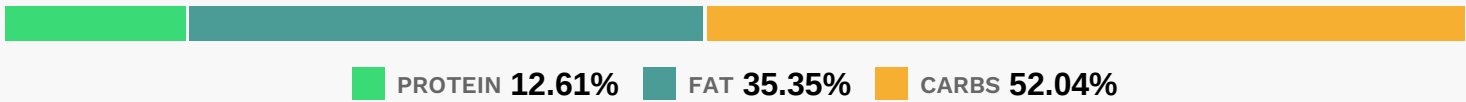
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ wok

Directions

- ☐ Cook beans in boiling water 2 minutes or until crisp-tender.
- ☐ Drain and rinse under cold running water; drain. Pat beans completely dry with paper towels.
- ☐ Heat a 14-inch wok over high heat.
- ☐ Add 1 1/2 teaspoons oil to wok, swirling to coat.
- ☐ Add green beans to wok; stir-fry 3 minutes or until browned. Spoon green beans into a bowl.
- ☐ Add remaining 1 1/2 teaspoons oil to wok, swirling to coat.
- ☐ Add shallots, garlic, ginger, and crushed red pepper; stir-fry 15 seconds or just until garlic begins to brown. Return green beans to wok.
- ☐ Add vinegar, soy sauce, and salt to wok; toss to combine.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:2.33, Inflammation Score:-5, Nutrition Score:6.5134782324667%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 59.41kcal (2.97%), Fat: 2.56g (3.94%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 8.48g (2.83%), Net Carbohydrates: 5.98g (2.18%), Sugar: 3.7g (4.12%), Cholesterol: 0mg (0%), Sodium: 299.35mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Vitamin K: 34.46µg (32.82%), Vitamin C: 10.7mg (12.96%),

Manganese: 0.25mg (12.32%), Vitamin A: 571.62IU (11.43%), Fiber: 2.5g (9.99%), Vitamin B6: 0.17mg (8.75%), Folate: 29.71µg (7.43%), Potassium: 220.96mg (6.31%), Magnesium: 24.38mg (6.1%), Iron: 1.02mg (5.69%), Vitamin B2: 0.09mg (5.36%), Vitamin E: 0.8mg (5.34%), Vitamin B1: 0.07mg (4.91%), Phosphorus: 43.53mg (4.35%), Calcium: 37.62mg (3.76%), Copper: 0.07mg (3.66%), Vitamin B3: 0.65mg (3.24%), Vitamin B5: 0.22mg (2.23%), Zinc: 0.28mg (1.86%), Selenium: 0.91µg (1.3%)