



Soy Glazed Green Beans

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 12 servings pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons canola oil
- ☐ 4 cloves garlic chopped
- ☐ 2 pounds green beans ends trimmed
- ☐ 12 servings kosher salt
- ☐ 2 tablespoons sesame seed toasted
- ☐ 0.3 cup soya sauce

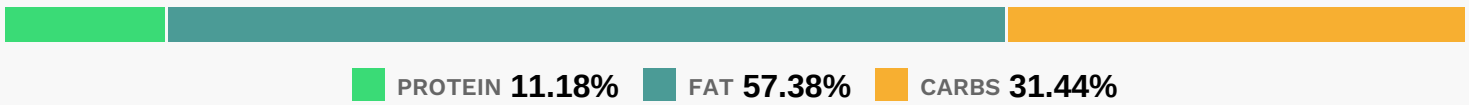
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ wire rack
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil and season generously with salt.
- ☐ Add the green beans and blanch until crisp-tender, 2 to 3 minutes. Immediately transfer to an ice bath to stop the cooking, and then remove to a baking sheet lined with paper towels or a cooling rack to drain.
- ☐ In a large saute pan over medium-high heat, add the canola oil and butter. When the butter is melted, add the garlic and stir until fragrant, 1 to 2 minutes.
- ☐ Add the green beans, soy sauce, sesame seeds, and black pepper and saute until the sauce reduces slightly and thoroughly coats the green beans, being careful not to overcook beans.
- ☐ Transfer to a serving dish and serve hot.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:6.5173912440305%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 73.07kcal (3.65%), Fat: 5.07g (7.8%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 3.96g (1.44%), Sugar: 2.56g (2.85%), Cholesterol: 5.02mg (1.67%), Sodium: 483.66mg (21.03%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.44%), Vitamin K: 34.52µg (32.87%), Manganese: 0.25mg (12.51%), Vitamin A: 580.7IU (11.61%), Vitamin C: 9.53mg (11.56%), Fiber: 2.28g (9.13%), Vitamin B6: 0.14mg (6.98%), Folate: 27.23µg (6.81%), Magnesium: 25.99mg (6.5%), Iron: 1.12mg (6.2%), Copper: 0.12mg (5.88%), Vitamin B2: 0.09mg (5.37%), Potassium: 181.94mg (5.2%), Vitamin E: 0.78mg (5.18%), Vitamin B1: 0.08mg (5.17%), Phosphorus: 45.65mg (4.56%), Calcium: 44.87mg (4.49%), Vitamin B3: 0.82mg (4.08%), Zinc: 0.32mg (2.14%), Vitamin B5: 0.2mg (1.99%), Selenium: 1.12µg (1.6%)