



WHATSheATE



## Spicy Stir-Fried Chinese Long Beans with Peanuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

SIDE DISH

### Ingredients

- ☐ 0.5 cup roasted peanuts unsalted ()
- ☐ 1 tablespoon garlic chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 servings lime wedges
- ☐ 1.5 tablespoons vegetable oil; peanut oil preferred
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots halved lengthwise very thinly sliced

- ☐ 2 teaspoons soya sauce
- ☐ 2 small thai chile fresh finely chopped to taste ()
- ☐ 1.5 lb long beans chinese

## Equipment

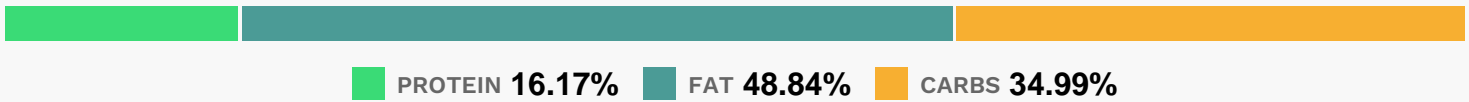
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ wok
- ☐ tongs
- ☐ colander

## Directions

- ☐ Cook untrimmed beans in a 6- to 8-quart pot of boiling salted water, uncovered, stirring occasionally, until just tender, 3 to 5 minutes.
- ☐ Transfer with tongs to a large bowl of ice and cold water to stop cooking, then drain in a colander and pat dry with paper towels. Trim beans and cut crosswise into 3/4-inch pieces.
- ☐ Meanwhile, pulse peanuts in a food processor until about half of peanuts are finely ground and remainder are in very large pieces (do not grind to a paste).
- ☐ Stir together soy sauce, chiles, and salt in a small bowl.
- ☐ Heat wok over high heat until a bead of water dropped onto cooking surface evaporates immediately.
- ☐ Add oil, swirling to coat wok, then add garlic and stir-fry until garlic begins to turn pale golden, about 5 seconds.
- ☐ Add peanuts, and stir-fry until all of mixture is golden, about 30 seconds.
- ☐ Add beans, and stir-fry until hot and well coated, about 2 minutes.
- ☐ Remove wok from heat, then stir in soy sauce mixture and shallot, stirring until shallot has wilted.

- ☐
- Drizzle in lime juice and season with salt, then transfer to a bowl.
- ☐
- Serve warm or at room temperature.
- ☐
- \*Available at Asian markets.
- ☐
- \*\*Available at kalustyans.com.
- ☐
- Beans can be boiled, drained, and patted dry 3 hours ahead.· If you don't have a wok, beans can be cooked in a 12-inch heavy skillet. (They will lack smoky flavor.)

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1.44, Inflammation Score:-9, Nutrition Score:15.593913029069%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 260.87kcal (13.04%), Fat: 14.93g (22.97%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 24.06g (8.02%), Net Carbohydrates: 21.35g (7.76%), Sugar: 2.62g (2.91%), Cholesterol: 0mg (0%), Sodium: 548.26mg (23.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.12g (22.25%), Vitamin C: 41.15mg (49.87%), Manganese: 0.92mg (45.95%), Folate: 140.29µg (35.07%), Vitamin A: 1494.64IU (29.89%), Magnesium: 114.46mg (28.61%), Phosphorus: 197.61mg (19.76%), Potassium: 677.96mg (19.37%), Vitamin B3: 3.64mg (18.21%), Vitamin B1: 0.27mg (17.79%), Vitamin B2: 0.22mg (12.82%), Copper: 0.24mg (12.19%), Calcium: 120.29mg (12.03%), Vitamin B6: 0.23mg (11.39%), Fiber: 2.72g (10.87%), Iron: 1.71mg (9.5%), Zinc: 1.16mg (7.74%), Selenium: 4.6µg (6.58%), Vitamin E: 0.87mg (5.78%), Vitamin B5: 0.47mg (4.69%)