



## Spicy Stir-Fried Green Beans

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



95 kcal

SIDE DISH

### Ingredients

- 0.3 cup sauce
- 2 teaspoons ginger/garlic paste
- 2 tablespoons vegetable oil
- 6 cups green beans fresh trimmed
- 1 teaspoon sesame seed

### Equipment

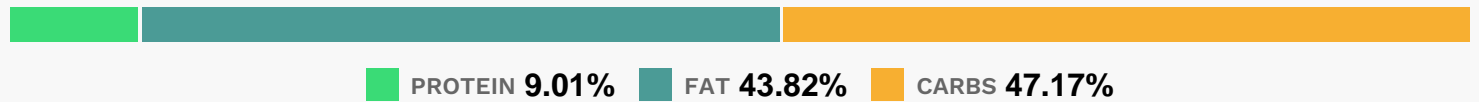
- bowl
- frying pan

slotted spoon

## Directions

- In medium bowl, mix stir-fry sauce and chili garlic paste; set aside.
- In 12-inch nonstick skillet, heat oil over medium-high heat until very hot.
- Add green beans. Toss in hot oil and cook 5 to 7 minutes, stirring every minute, until bright green and crisp-tender (mixture may spatter during cooking). Beans will sizzle, blister and brown in spots.
- Remove from heat.
- Remove beans from skillet with slotted spoon; add to sauce mixture and toss to coat.
- Place in serving bowl; sprinkle with sesame seed.

## Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:2.33, Inflammation Score:-6, Nutrition Score:8.3917390367259%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

## Nutrients (% of daily need)

Calories: 94.6kcal (4.73%), Fat: 4.96g (7.63%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 8.97g (3.26%), Sugar: 6.64g (7.38%), Cholesterol: 0mg (0%), Sodium: 164.65mg (7.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.59%), Vitamin K: 55.67µg (53.01%), Vitamin C: 13.94mg (16.9%), Vitamin A: 759.18IU (15.18%), Manganese: 0.27mg (13.68%), Fiber: 3.04g (12.18%), Folate: 36.67µg (9.17%), Vitamin B6: 0.18mg (8.92%), Magnesium: 29.09mg (7.27%), Vitamin B2: 0.12mg (6.89%), Potassium: 240.34mg (6.87%), Iron: 1.21mg (6.73%), Vitamin B1: 0.1mg (6.41%), Vitamin E: 0.82mg (5.49%), Copper: 0.09mg (4.72%), Calcium: 46.97mg (4.7%), Phosphorus: 46.45mg (4.64%), Vitamin B3: 0.83mg (4.17%), Vitamin B5: 0.26mg (2.58%), Zinc: 0.31mg (2.06%), Selenium: 1.01µg (1.44%)