



Sweet and Salty Glazed Green Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

60 kcal

SIDE DISH

Ingredients

- ☐ 1 inch long piece ginger peeled cut into thin strips
- ☐ 1.5 pounds green beans trimmed
- ☐ 1 tablespoon brown sugar light
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 1 tablespoon rice wine vinegar
- ☐ 2 teaspoons sesame oil toasted
- ☐ 2 tablespoons soya sauce

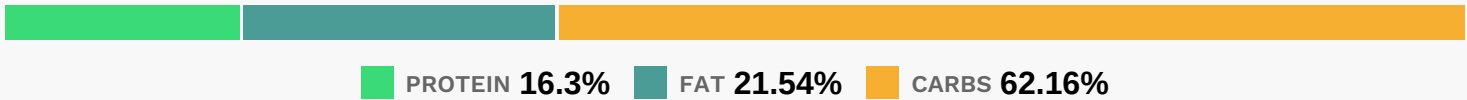
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Stir the soy sauce, sugar, pepper flakes and 2 tablespoons water in a small bowl until the sugar is dissolved. Toss the green beans with the sugar-soy mixture in a large skillet and bring to a boil over medium-high heat. Cover and continue to cook until the beans are crisp-tender, stirring occasionally, 7 to 9 minutes.
- ☐ Uncover and add the ginger and vinegar. Continue to cook, tossing, until the sauce has reduced to a syrupy consistency and is coating the green beans and the beans are tender, 5 to 7 minutes more.
- ☐ Drizzle with the sesame oil and toss well.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:2.3, Inflammation Score:-6, Nutrition Score:8.3013043351795%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 59.79kcal (2.99%), Fat: 1.61g (2.48%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 7.29g (2.65%), Sugar: 5.77g (6.41%), Cholesterol: 0mg (0%), Sodium: 344.1mg (14.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Vitamin K: 49.03µg (46.7%), Vitamin C: 13.89mg (16.84%), Vitamin A: 807.16IU (16.14%), Manganese: 0.28mg (14.09%), Fiber: 3.16g (12.65%), Folate: 38.67µg (9.67%), Vitamin B6: 0.18mg (8.82%), Magnesium: 31.58mg (7.9%), Vitamin B2: 0.13mg (7.54%), Iron: 1.35mg (7.48%), Potassium: 261.17mg (7.46%), Vitamin B1: 0.1mg (6.47%), Vitamin B3: 1.09mg (5.45%), Phosphorus: 51.72mg (5.17%), Copper: 0.09mg (4.55%), Calcium: 45.44mg (4.54%), Vitamin E: 0.52mg (3.46%), Vitamin B5: 0.28mg (2.83%), Zinc: 0.31mg (2.04%), Selenium: 0.79µg (1.13%)