Sweet and Spicy Green Beans

Vegetarian Gluten Free Dairy Free Popular

READY IN	SERVINGS	CALORIES
25 min.	4	57 kcal

SIDE DISH

Ingredients

- [ ] 2 teaspoons canola oil
- [ ] 1 teaspoon garlic chili sauce
- [ ] 0.8 pound green beans fresh trimmed
- [ ] 1 clove garlic minced
- [ ] 1 teaspoon honey
- [ ] 2 tablespoons soya sauce

Equipment

- [ ] bowl

- [ ] frying pan
- [ ] pot
- [ ] steamer basket

Directions

- [ ] Arrange a steamer basket in a pot over boiling water, and steam the green beans 3 to 4 minutes.
- [ ] In a bowl, mix the soy sauce, garlic, garlic chili sauce, and honey.
- [ ] Heat the canola oil in a skillet over medium heat.
- [ ] Add the green beans, and fry for 3 to 5 minutes.
- [ ] Pour in the soy sauce mixture. Continue cooking and stirring 2 minutes, or until the liquid is nearly evaporated.
- [ ] Serve immediately.

Nutrition Facts

PROTEIN **16.26%** FAT **31.16%** CARBS **52.58%**

Properties

Glycemic Index:35.82, Glycemic Load:2.56, Inflammation Score:-5, Nutrition Score:6.720434696778%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 57.03kcal (2.85%), Fat: 2.2g (3.39%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 5.95g (2.16%), Sugar: 4.54g (5.04%), Cholesterol: 0mg (0%), Sodium: 524.79mg (22.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Vitamin K: 38.07µg (36.26%), Vitamin C: 10.82mg (13.11%), Manganese: 0.24mg (12.13%), Vitamin A: 595.4IU (11.91%), Fiber: 2.42g (9.67%), Vitamin B6: 0.15mg (7.48%), Folate: 29.86µg (7.46%), Magnesium: 25.23mg (6.31%), Iron: 1.12mg (6.22%), Vitamin B2: 0.1mg (6.15%), Potassium: 207.07mg (5.92%), Vitamin B1: 0.08mg (5.18%), Vitamin B3: 1.01mg (5.04%), Vitamin E: 0.72mg (4.82%), Phosphorus: 45.89mg (4.59%), Copper: 0.08mg (3.77%), Calcium: 34.98mg (3.5%), Vitamin B5: 0.23mg (2.31%), Zinc: 0.26mg (1.72%), Selenium: 0.72µg (1.02%)