



## Szechuan Green Beans

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



156 kcal

SIDE DISH

### Ingredients

- 2 cups canola oil
- 1 ounce sriracha hot
- 1 teaspoon cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced
- 1 tablespoon parsley leaves fresh chopped
- 1 tablespoon garlic minced
- 1 pound green beans cleaned
- 2 tablespoons hoisin sauce

- 1 tablespoon white wine
- 2 tablespoons peanuts chopped
- 0.3 cup rice wine vinegar
- 0.5 teaspoon sesame oil
- 0.3 cup soya sauce

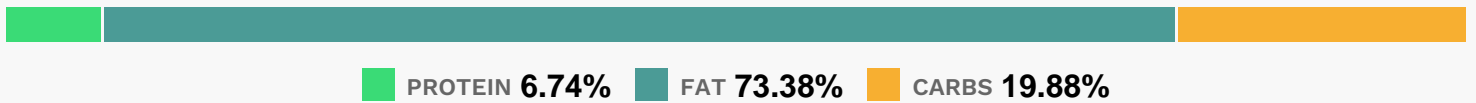
## Equipment

- frying pan
- dutch oven

## Directions

- To medium Dutch oven, add 2 cups canola oil and heat to 350 degrees F.
- In medium saute pan over medium heat, add 1 tablespoon oil.
- Add ginger and saute for 2 to 3 minutes.
- Add garlic and cook for 1 minute or until it turns light brown; quickly add soy sauce, chili sauce, rice wine vinegar, hoisin, mirin, sesame oil and cilantro.
- Fry the green beans in the canola oil for about 45 seconds, or until beans turn dark green.
- Remove, strain, and add to sauce. Toss and garnish with peanuts and parsley.

## Nutrition Facts



## Properties

Glycemic Index:31.16, Glycemic Load:1.32, Inflammation Score:-5, Nutrition Score:6.727826035541%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.57mg, Quercetin: 1.57mg,

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## **Nutrients (% of daily need)**

Calories: 155.65kcal (7.78%), Fat: 12.97g (19.96%), Saturated Fat: 1.11g (6.91%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 5.77g (2.1%), Sugar: 3.73g (4.14%), Cholesterol: 0.12mg (0.04%), Sodium: 648.66mg (28.2%), Alcohol: 0.19g (100%), Alcohol %: 0.17% (100%), Protein: 2.68g (5.36%), Vitamin K: 40.68µg (38.75%), Vitamin E: 2.21mg (14.76%), Manganese: 0.26mg (13.05%), Vitamin C: 7.96mg (9.65%), Vitamin A: 434.52IU (8.69%), Fiber: 2.14g (8.55%), Folate: 27.85µg (6.96%), Vitamin B6: 0.12mg (6.04%), Magnesium: 23.88mg (5.97%), Vitamin B3: 1.17mg (5.85%), Iron: 0.96mg (5.31%), Vitamin B2: 0.08mg (4.95%), Potassium: 170.33mg (4.87%), Vitamin B1: 0.07mg (4.7%), Phosphorus: 44.97mg (4.5%), Copper: 0.08mg (4.14%), Calcium: 29.65mg (2.97%), Vitamin B5: 0.21mg (2.12%), Zinc: 0.26mg (1.71%), Selenium: 0.84µg (1.2%)