



WHATSheATE



Szechuan Green Beans with Ground Pork



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

Ingredients

- ☐ 2 cups rice white hot cooked
- ☐ 1 teaspoon cornstarch
- ☐ 1 teaspoon pepper red crushed
- ☐ 1 teaspoon garlic fresh minced
- ☐ 2.5 cups cut green beans (1-inch)
- ☐ 0.5 pound ground pork lean
- ☐ 2 tablespoons hoisin sauce
- ☐ 2 teaspoons soya sauce low-sodium

- ☐ 1 teaspoon vegetable oil; peanut oil preferred
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.1 teaspoon pepper white freshly ground

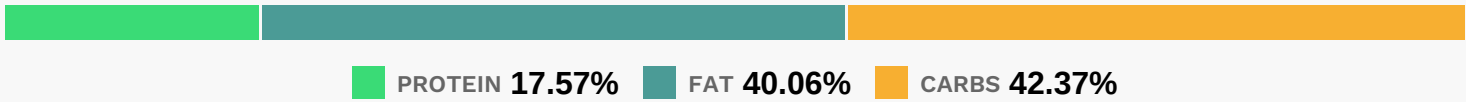
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine the first 4 ingredients in a medium bowl.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add pork mixture, beans, and garlic; cook 3 minutes or until pork loses its pink color, stirring to crumble.
- ☐ Combine hoisin and next 3 ingredients (through soy sauce) in a small bowl, stirring with a whisk.
- ☐ Add hoisin mixture to pan. Cook 2 minutes or until thoroughly heated, stirring frequently.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:63.77, Glycemic Load:26.03, Inflammation Score:-6, Nutrition Score:13.290869650633%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 309.46kcal (15.47%), Fat: 13.75g (21.15%), Saturated Fat: 4.79g (29.91%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 30.08g (10.94%), Sugar: 5.52g (6.13%), Cholesterol: 41.06mg (13.69%), Sodium: 337.32mg (14.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.57g (27.14%), Vitamin B1: 0.49mg (32.75%), Selenium: 20.67µg (29.53%), Manganese: 0.58mg (29.11%), Vitamin K: 30.15µg (28.72%), Vitamin B6: 0.42mg (20.82%), Vitamin B3: 3.47mg (17.33%), Phosphorus: 169.33mg (16.93%), Vitamin B2: 0.24mg (14.36%), Vitamin A: 627.14IU (12.54%), Zinc: 1.88mg (12.51%), Vitamin C: 9.07mg (10.99%), Magnesium: 42.09mg (10.52%), Fiber: 2.62g (10.5%), Potassium: 366.61mg (10.47%), Iron: 1.59mg (8.84%), Vitamin B5: 0.86mg (8.64%), Folate: 31µg (7.75%), Copper: 0.15mg (7.36%), Vitamin B12: 0.4µg (6.61%), Calcium: 47.82mg (4.78%), Vitamin E: 0.69mg (4.63%)