



Wok-Seared Sesame Green Beans



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons brown sugar packed ()
- ☐ 1.5 pounds green beans trimmed
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 tablespoons sesame oil
- ☐ 1.5 tablespoons rice vinegar
- ☐ 2 tablespoons sesame seed toasted
- ☐ 3 tablespoons soya sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ ziploc bags
- ☐ wok

Directions

- ☐ Cook green beans in large pot of boiling water until crisp-tender, about 3 minutes.
- ☐ Drain.
- ☐ Transfer green beans to large bowl of ice water to cool.
- ☐ Drain again. Pat green beans dry. (Can be prepared 1 day ahead. Wrap green beans in paper towels and enclose in resealable plastic bag. Refrigerate.)
- ☐ Heat oil in heavy large wok or nonstick skillet over high heat.
- ☐ Add green beans and stir-fry until heated through, about 2 minutes.
- ☐ Add soy sauce, vinegar, sugar, and pepper. Stir-fry until sauce reduces slightly and loosely coats green beans, about 2 minutes longer.
- ☐ Add sesame seeds and toss to coat.
- ☐ Transfer green bean mixture to bowl and serve.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:2.41, Inflammation Score:-6, Nutrition Score:9.5756522365238%

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: 99.1kcal (4.96%), Fat: 5.09g (7.82%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 8.56g (3.11%), Sugar: 6.77g (7.52%), Cholesterol: 0mg (0%), Sodium: 510.77mg (22.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Vitamin K: 49.37µg (47.02%), Manganese: 0.37mg (18.51%), Vitamin C: 13.83mg (16.77%), Vitamin A: 783.14IU (15.66%), Fiber: 3.47g (13.88%), Magnesium: 41.76mg (10.44%), Folate: 41.67µg (10.42%), Copper: 0.2mg (10.1%), Vitamin B6: 0.2mg (10.02%), Iron: 1.8mg (10%), Vitamin B2: 0.14mg (8.14%), Vitamin B1: 0.12mg (7.97%), Potassium: 276.01mg (7.89%), Calcium: 72.86mg (7.29%), Phosphorus: 71.98mg (7.2%), Vitamin B3: 1.31mg (6.56%), Vitamin E: 0.52mg (3.48%), Zinc: 0.52mg (3.47%), Vitamin B5: 0.3mg (2.95%), Selenium: 1.73µg (2.47%)