



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Sweet and Spicy Green Beans ♦♦

This recipe for sweet and spicy green beans is a delicious vegetarian dish that combines the flavors of sweet and spicy. The green beans are sautéed with garlic, ginger, and red pepper flakes, then tossed with a sweet and tangy sauce made from soy sauce, honey, and rice vinegar. It's the perfect side dish for any meal!

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Green beans
2 cloves	garlic
1 tsp	Ginger
1 tsp	Red Pepper Flakes

2 tbsp soy sauce

2 tbsp honey

1 tbsp rice vinegar

Directions

Step 1

Cutting

Trim the ends of the green beans and cut them into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Sautéing

Heat a large skillet over medium heat. Add the garlic, ginger, and red pepper flakes and cook for 1 minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 3

Sautéing

Add the green beans to the skillet and cook for 5 minutes, or until they are crisp-tender.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Sautéing

In a small bowl, whisk together the soy sauce, honey, and rice vinegar. Pour the sauce over the green beans and cook for an additional 2 minutes, or until the sauce has thickened slightly.

Prep Time: 2 mins

Cook Time: 2 mins

Step 5

Serving

Serve the sweet and spicy green beans hot as a side dish.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 0 g

Protein: 3 g

Carbohydrates: 24 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	24 g	43.64%	48%
Fibers	4 g	10.53%	16%
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	8 mg	0.24%	0.31%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Chinese French Thai Mediterranean American

Course

Side Dishes Salads Soups Snacks Sauces & Dressings

Demographics

Pregnancy Safe

Diet

Mediterranean Diet Flexitarian Diet Vegetarian Diet Vegan Diet
Raw Food Diet Pescatarian Diet

Meal Type

Lunch Supper

Difficulty Level

Medium

Visit our website: healthdor.com