



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Dry-Curried Green Beans ♦♦

Dry-Curried Green Beans is a vegan recipe that features tender green beans cooked in a flavorful blend of spices and herbs. This dish is popular in many Asian cuisines and is often served as a side dish or a main course. The green beans are cooked until crisp-tender and then tossed in a fragrant curry powder mixture. It is a delicious and healthy recipe that is perfect for vegans and those looking for a flavorful vegetable dish.

Recipe Type: Vegan

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

| | |
|-------------|--------------|
| 400 g | Green beans |
| 2 tsp | curry powder |
| 2 cloves | garlic |
| 1 tsp | Ginger |

| | |
|----------------|---------------|
| 1 tsp | Turmeric |
| 1 tsp | Cumin |
| 1 tsp | Coriander |
| 0.5 tsp | Salt |
| 0.5 tsp | Black pepper |
| 2 tbsp | vegetable oil |

Directions

Step 1

Preparation

Wash the green beans and trim the ends.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat vegetable oil in a large skillet over medium heat. Add garlic and ginger and cook until fragrant, about 1 minute.

Prep Time: 0 mins

Cook Time: 1 mins

Step 3

Sautéing

Add curry powder, turmeric, cumin, coriander, salt, and black pepper to the skillet. Cook for another minute to toast the spices.

Prep Time: 0 mins

Cook Time: 1 mins

Step 4

Sautéing

Add the green beans to the skillet and toss to coat them with the spice mixture. Cook for 8-10 minutes, stirring occasionally, until the green beans are crisp-tender.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Serving

Remove from heat and serve hot as a side dish or a main course.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 75 kcal

Fat: 4 g

Protein: 2 g

Carbohydrates: 9 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 2 g | 11.76% | 11.76% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 9 g | 16.36% | 18% |
| Fibers | 4 g | 10.53% | 16% |
| Sugars | 3 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 1 g | N/A | N/A |
| Saturated Fat | 0 g | 0% | 0% |
| Fat | 4 g | 14.29% | 16% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 15 iu | 1.67% | 2.14% |
| Vitamin C | 20 mg | 22.22% | 26.67% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 1 mg | 6.67% | 6.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium | 300 mg | 13.04% | 13.04% |
| Calcium | 4 mg | 0.4% | 0.4% |
| Iron | 6 mg | 75% | 33.33% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Potassium | 250 mg | 7.35% | 9.62% |
| Zinc | 0 mg | 0% | 0% |
| Selenium | 1 mcg | 1.82% | 1.82% |

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving

Cuisines

Italian Chinese Mexican Mediterranean Spanish Korean American
Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free

Meal Type

Lunch Dinner Snack Supper

Difficulty Level

Medium

Visit our website: healthdor.com