

Chinese Green Bean Salad

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/best-chinese-green-bean-recipe>

Ingredients:

- 1 pound fresh green beans organic if possible
- 1 tablespoon fresh ginger root finely chopped
- 1 cup red onion slivered
- 4 teaspoons mustard powder
- 1 tablespoon cold water
- 2 tablespoons reduced sodium soy sauce
- 3 tablespoons rice vinegar
- 2 teaspoons roasted sesame oil dark-
- 2 teaspoons sugar

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 15 grams
3. Fat: 3 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. Sodium: 280 milligrams
7. Sugar: 7 grams

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