

Chinese Dry-Fried Green Beans

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-easy-chinese-deep-fried-green-beans>

Ingredients:

- 3/4 pound green beans
- 2 tablespoons sesame oil or vegetable oil
- 6 garlic cloves thinly sliced
- 1 teaspoon crushed red pepper flakes or 12 dried chili peppers
- 1 tablespoon soy sauce or tamari, if gluten free
- 1 teaspoon sugar

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 9 grams
3. Fat: 7 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 230 milligrams
8. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Chinese Dry-Fried Green Beans above. You can see more 16 recipe easy chinese deep fried green beans Get cooking and enjoy! to get more great cooking ideas.