

Chinese Restaurant Style Green Beans

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-restaurant-style-green-beans-recipe>

Ingredients:

- 1 tablespoon reduced sodium soy sauce
- 1 tablespoon honey
- 1 tablespoon water
- 1 tablespoon unsalted butter
- 2 tablespoons olive oil
- 12 ounces fresh green beans trimmed
- 1 teaspoon sea salt to taste
- 1 tablespoon minced garlic

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 10 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 2 grams
7. SaturatedFat: 3 grams
8. Sodium: 730 milligrams
9. Sugar: 7 grams

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