

Chinese Garlic Green Beans

Yield: 4 min
Total Time: 50 min

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

Ingredients:

- 1 pound green beans see note 1
- 1/2 cup safflower oil canola or vegetable oil works too
- 2 1/2 tablespoons minced garlic
- 1/4 teaspoon kosher salt
- red pepper flakes
- toasted sesame seeds

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 13 grams
3. Fat: 29 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. SaturatedFat: 2 grams
7. Sodium: 160 milligrams
8. Sugar: 4 grams

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