

Quick and Easy Chinese Stir-Fry Green Beans

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-stir-fry-french-beans-recipe>

Ingredients:

- 1 tablespoon olive oil
- 1 pound haricot verts thin green beans, trimmed
- 1/2 teaspoon organic sugar
- 2 teaspoons low sodium gluten free soy sauce or 1/2 teaspoon salt
- 1/3 cup water

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 8 grams
3. Fat: 3.5 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. Sodium: 10 milligrams
7. Sugar: 4 grams

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