

Roasted String Beans

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-style-string-beans-recipe>

Ingredients:

- 1 pound string beans stems removed, cleaned and dried
- 1/4 teaspoon sea salt
- 1 teaspoon olive oil
- 1 pound string beans stems removed and cleaned and pat dry if you want to
- 1/4 teaspoon sea salt
- 1 teaspoon olive oil
- 1 tablespoon honey
- 1/8 teaspoon ginger powder
- 1/8 teaspoon garlic powder
- 1 tablespoon sesame oil or toasted sesame oil
- 1 teaspoon sesame seeds or toasted sesame seeds
- 1 pinch hot red pepper flakes optional

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 21 grams
3. Fat: 6 grams
4. Fiber: 7 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 310 milligrams
8. Sugar: 11 grams

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