

Chinese Style Garlic Green Beans

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1 pound green beans washed, trimmed, and cut to half their length
- 6 cloves garlic minced
- 1 teaspoon salt
- vegetable oil for frying
- ice for water bath

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 9 grams
3. Fat: 5 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. Sodium: 600 milligrams
7. Sugar: 3 grams

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