



Organic Honey Sesame Green Beans

Servings

5

Calories

70

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

2 (10 ounces) packages Mann's Organic Green Beans

1 tablespoon sesame seed oil

½ tablespoon pure honey

2 teaspoons sesame seeds

¼ teaspoon Himalayan pink salt



The Method

Preheat your oven to 375° F. Add Mann's Organic Green Beans and oil to a large mixing bowl and toss until beans are evenly coated. Add honey and toss again. Add sesame seeds and toss once more. Spread the green beans out on a lined baking sheet and sprinkle with salt. Bake on the center rack for 10 minutes.

Nutrition Facts

Serving Size: 120g | Servings: 5

Amount Per Serving

Calories 70 | Total Fat 3.5g (sat 0.5g trans 0g) | Cholesterol 0mg | Sodium 45mg | Total Carbohydrate 10g | Dietary Fiber 3g | Sugars 5g (Includes 2g Added Sugars) | Protein 2g | Vitamin D 0% | Calcium 4% | Iron 6% | Potassium 6%