

# 焗毛豆



毛豆其實是未成熟的大豆。它亦被稱為蔬菜型大豆。毛豆蛋白質含量高，富含維生素和礦物質。可以降低膽固醇，減輕更年期症狀，降低患罹患乳腺癌，前列腺癌等的風險，並有助減少骨質酥鬆。此外，毛豆不會提升血糖。因此，毛豆對人們的健康是非常有益的。



## 焗毛豆

份量: 1

準備時長: 1 分鐘 | 烹煮時長: 12 分鐘

### 食材:

- 4盎司-冷凍帶殼沒加鹽的毛豆
- ½茶匙-菜籽油
- ½茶匙-黑胡椒粉

### 步驟:

1. 解凍冷凍帶殼的毛豆。轉移到一個小的碗裡面。
2. 預熱焗爐至375華氏度。
3. 將菜籽油和黑胡椒粉倒入裝有毛豆的碗中。用匙羹攪拌，直到毛豆均勻地沾上油和黑胡椒。
4. 在淺的烤盤/平底鍋或餅乾盤上鋪上錫紙或羊皮紙。
5. 將毛豆均勻地鋪在烤盤上。
6. 焗5-6分鐘，拿出翻動一下毛豆以免焗焦，然後再烤5-6分鐘。
7. 趁熱或冷卻後就可以好好享用啦！

## 營養成份

份量: 1:

- 卡路里:174
- 碳水化合物:12.8克
  - 纖維素:9.4克
  - 糖:1.5克
- 總脂肪:7.6克
- 蛋白質:15.2克
- 鈉:23毫克



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# Oven-Roasted Edamame



**Edamame:** In addition to being a decent source of soy protein, edamame is rich in healthy fiber, antioxidants and vitamin K. These plant compounds may reduce the risk of heart disease and improve the blood lipid profile, a measure of fats including cholesterol and triglycerides.



## Oven-Roasted Edamame

**Serving: 1**

**Prep Time: 1 minute | Cook Time: 12 mins**

### Ingredients:

- 4 oz frozen shelled edamame, unsalted and thawed
- ½ tsp canola oil
- ½ tsp ground black pepper

### Instructions:

1. Thaw frozen shelled edamame. Transfer into a small mixing bowl.
2. Preheat oven to 375° Fahrenheit.
3. Pour in the canola oil and ground black pepper into the bowl of edamame. Stir with a spoon until the beans are evenly coated with oil and black pepper.
4. Line a shallow baking dish/pan or cookie sheet with aluminum foil or parchment paper.
5. Spread the edamame beans evenly in a single layer onto the lined baking pan or sheet.
6. Roast for about 5-6 minutes. Stir the beans to avoid burning. Roast for another 5-6 minutes.
7. Serve hot or cooled. Enjoy!

## Nutrition Facts

**Servings: 1**

- Calories: 174
- Carbohydrates: 12.8 g
  - Fiber: 9.4 g
  - Sugar: 1.5 g
- Total Fat: 7.6 g
- Protein: 15.2 g
- Sodium: 23 mg



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