



Green beans

Green beans (*Phaseolus vulgaris*) may trigger IgE-mediated allergy, primarily via proteins like Phaseolin or vicilin. Reactions range from mild oral allergy syndrome (OAS) to anaphylaxis; cross-reactivity with other legumes (e.g., peanuts, soy) is possible but rare. Cooking may reduce allergenicity.

Nutrients

Recipe preparation steps

n.syn Oral Allergy Syndrome (OAS), Skin Reactions, Gastrointestinal Issues, Respiratory Symptoms, Anaphylaxis (Rare)

en.h Avoidance, Antihistamines, Epinephrine Auto-Injector, Consult an Allergist, Read Food Labels

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