



## Arica's Green Beans and Feta

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup feta cheese crumbled
- 1 tablespoon garlic minced to taste
- 1 pound green beans cut into 1-inch pieces
- 4 servings salt and ground pepper black to taste
- 2 teaspoons olive oil or as needed
- 1 bell pepper red chopped
- 0.3 cup white wine

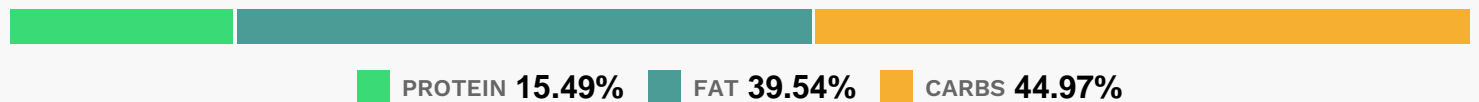
### Equipment

frying pan

## Directions

- Heat olive oil in a skillet over medium heat. Stir red bell pepper and garlic into hot oil; season with salt and black pepper. Cook and stir until the bell pepper is tender, 5 to 7 minutes.
- Stir green beans with the red bell pepper.
- Pour white wine over the green bean mixture.
- Place a cover on the skillet and cook until the green beans are tender, about 10 minutes.
- Stir the green bean mixture.
- Sprinkle feta cheese over the mixture. Replace cover and continue cooking until the feta softens, about 3 minutes.

## Nutrition Facts



## Properties

Glycemic Index:45.5, Glycemic Load:2.96, Inflammation Score:-9, Nutrition Score:13.530434888342%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

## Nutrients (% of daily need)

Calories: 100.94kcal (5.05%), Fat: 4.37g (6.72%), Saturated Fat: 1.6g (10%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 7.42g (2.7%), Sugar: 5.11g (5.68%), Cholesterol: 8.34mg (2.78%), Sodium: 116.02mg (5.04%), Alcohol: 1.54g (100%), Alcohol %: 1.14% (100%), Protein: 3.85g (7.7%), Vitamin C: 52.54mg (63.68%), Vitamin K: 51.85µg (49.38%), Vitamin A: 1754.21IU (35.08%), Manganese: 0.34mg (17.23%), Vitamin B6: 0.32mg (15.94%), Fiber: 3.75g (15.02%), Folate: 54.33µg (13.58%), Vitamin B2: 0.23mg (13.35%), Calcium: 95.69mg (9.57%), Potassium: 327.87mg (9.37%), Magnesium: 35.87mg (8.97%), Phosphorus: 88.34mg (8.83%), Vitamin B1: 0.13mg (8.56%), Vitamin E: 1.24mg (8.28%), Iron: 1.45mg (8.07%), Vitamin B3: 1.25mg (6.24%), Copper: 0.09mg (4.71%), Vitamin B5: 0.46mg (4.6%), Zinc: 0.66mg (4.39%), Selenium: 2.42µg (3.46%), Vitamin B12: 0.16µg (2.64%)