



Crunchy Chopped Green Bean Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cherry tomatoes halved
- ☐ 1 cucumber diced english
- ☐ 0.5 cup feta cheese crumbled
- ☐ 12 ounces green beans sliced into 1-inch bite-size pieces and blanched until bright green
- ☐ 4 ounce hearts of palm drained chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 6 servings olive oil extra-virgin
- ☐ 0.5 cup olives pitted chopped

- ☐ 4 radishes paper-thin sliced
- ☐ 1 shallots paper-thin sliced

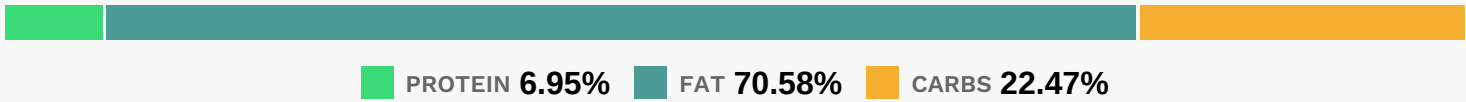
Equipment

- ☐ bowl
- ☐ mandoline

Directions

- ☐ Special equipment: mandoline slicer
- ☐ Add the green beans, cherry tomatoes, feta cheese, olives, radishes, cucumber, shallots and hearts of palm to a large bowl.
- ☐ Drizzle with extra-virgin olive oil. Season with salt and pepper and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:1.44, Inflammation Score:-6, Nutrition Score:11.048695765112%

Flavonoids

Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 228.16kcal (11.41%), Fat: 18.66g (28.71%), Saturated Fat: 3.89g (24.28%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 10.56g (3.84%), Sugar: 6.98g (7.76%), Cholesterol: 11.13mg (3.71%), Sodium: 329.62mg (14.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Vitamin K: 42.32µg (40.3%), Vitamin E: 2.95mg (19.67%), Vitamin C: 16.22mg (19.66%), Potassium: 622.67mg (17.79%), Vitamin B6: 0.35mg (17.28%), Vitamin A: 675.87IU (13.52%), Vitamin B2: 0.22mg (13.13%), Phosphorus: 112.72mg (11.27%), Fiber: 2.81g (11.24%), Copper: 0.22mg (11.19%), Manganese: 0.22mg (10.92%), Calcium: 105.38mg (10.54%), Zinc: 1.37mg (9.1%), Folate: 36.41µg (9.1%), Iron: 1.5mg (8.31%), Magnesium: 29.72mg (7.43%), Vitamin B1: 0.1mg (6.86%), Vitamin B3: 0.93mg (4.67%), Vitamin B5: 0.43mg (4.3%), Selenium: 2.79µg (3.99%), Vitamin B12: 0.21µg (3.52%)