



Fresh Green Beans, Fennel, and Feta Cheese

 Vegetarian  Gluten Free

READY IN



16 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

Ingredients

- 1 fennel bulb cut into thin slices
- 0.3 cup feta cheese crumbled
- 2 tablespoons basil leaves fresh chopped
- 1 pound green beans fresh trimmed
- 0.3 cup olive oil extra-virgin
- 4 servings salt and pepper to taste

Equipment

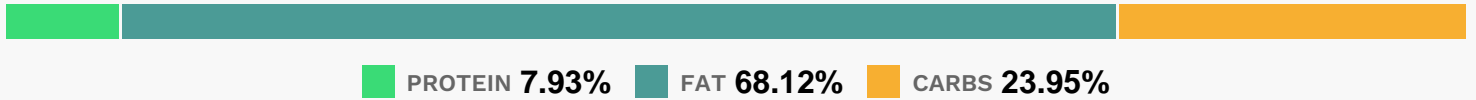
- frying pan

- sauce pan
- stove
- colander

Directions

- Fill a saucepan half full with water and bring to a boil.
- Add the green beans and fennel slices; cook until just beginning to become tender, about 4 minutes.
- Pour into a colander to drain and run under cold water to stop the cooking process.
- Return the empty pan to the stove and set heat to medium.
- Pour in the olive oil and let it heat for a minute. Return the green beans and fennel to the pan. Season with basil, salt, and pepper; cook and stir until coated and warm.
- Transfer to a serving dish and toss with feta cheese.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:3.44, Inflammation Score:-7, Nutrition Score:14.140434721242%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg 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: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 197.7kcal (9.89%), Fat: 15.89g (24.44%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 12.56g (4.19%), Net Carbohydrates: 7.67g (2.79%), Sugar: 6g (6.67%), Cholesterol: 8.34mg (2.78%), Sodium: 338.2mg (14.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Vitamin K: 97.94µg (93.28%), Vitamin C: 21.03mg (25.5%), Fiber: 4.89g (19.56%), Vitamin A: 953.15IU (19.06%), Manganese: 0.37mg (18.56%), Vitamin E: 2.77mg (18.49%), Folate: 56.9µg (14.22%), Potassium: 490.4mg (14.01%), Vitamin B2: 0.22mg (12.74%), Calcium: 118.87mg (11.89%), Vitamin B6: 0.23mg (11.43%), Phosphorus: 104.5mg (10.45%), Magnesium: 40.72mg (10.18%), Iron: 1.76mg (9.81%), Vitamin B1: 0.11mg (7.57%), Vitamin B3: 1.31mg (6.54%), Copper: 0.12mg (6.19%), Vitamin B5: 0.48mg (4.84%), Zinc:

0.67mg (4.45%), Selenium: 2.5µg (3.57%), Vitamin B12: 0.16µg (2.64%)