



Green and Yellow Bean Salad with Chunky Tomato Dressing and Feta Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 2 ounces feta cheese crumbled
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 0.8 pound green beans trimmed
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sherry vinegar

- ☐ 2 cups tomatoes chopped
- ☐ 4 cups water
- ☐ 0.8 pound turtle beans trimmed

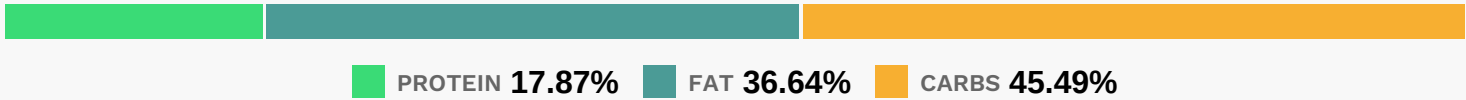
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring 4 cups water to a boil in a medium saucepan. Cook the beans in boiling water for 5 minutes or until crisp-tender.
- ☐ Drain and rinse with cold water; drain.
- ☐ Combine tomato and next 4 ingredients (through pepper) in a bowl. Divide beans evenly among 8 plates. Top each serving with 1/4 cup tomato mixture.
- ☐ Sprinkle each serving with 1 tablespoon sliced basil and 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:1.88, Inflammation Score:-6, Nutrition Score:7.5421739894411%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 63.68kcal (3.18%), Fat: 2.79g (4.29%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 5.52g (2.01%), Sugar: 2.37g (2.63%), Cholesterol: 6.31mg (2.1%), Sodium: 239.26mg (10.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin K: 28.29µg (26.94%), Vitamin C: 19.5mg (23.64%), Folate: 65.44µg (16.36%), Vitamin A: 713.09IU (14.26%), Fiber: 2.27g (9.09%), Manganese: 0.16mg (8.14%), Calcium: 80.23mg (8.02%), Potassium: 277.31mg (7.92%), Magnesium: 29.89mg (7.47%), Phosphorus: 66.23mg

(6.62%), Vitamin B2: 0.11mg (6.61%), Iron: 1.12mg (6.23%), Vitamin B6: 0.12mg (6.12%), Copper: 0.11mg (5.46%),
Vitamin B1: 0.06mg (4.01%), Zinc: 0.57mg (3.77%), Vitamin E: 0.54mg (3.63%), Vitamin B3: 0.62mg (3.09%),
Vitamin B5: 0.2mg (2.01%), Vitamin B12: 0.12µg (2%), Selenium: 1.33µg (1.89%)