



Green Bean-and-Feta Sauté

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



95 kcal

SIDE DISH

Ingredients

- 0.5 cup artichoke hearts canned drained quartered
- 0.5 cup bell pepper strips red 1-inch-thick ()
- 0.5 ounce feta cheese crumbled finely
- 1 cup cut green beans (1-inch) ()
- 2 teaspoons juice of lemon
- 0.5 cup onion chopped
- 1 Dash pepper red crushed
- 0.3 cup vegetable broth canned

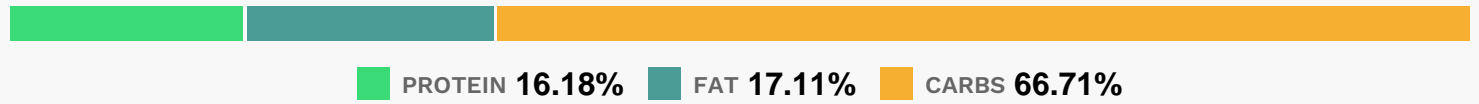
Equipment

frying pan

Directions

- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add green beans, onion, bell pepper, and crushed red pepper; saut 3 minutes.
- Add artichokes and broth; cook until liquid is reduced to 2 tablespoons (about 30 seconds). Stir in lemon juice; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:88.5, Glycemic Load:2.62, Inflammation Score:-8, Nutrition Score:11.210869620676%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 9.73mg, Quercetin: 9.73mg, Quercetin: 9.73mg, Quercetin: 9.73mg

Nutrients (% of daily need)

Calories: 94.75kcal (4.74%), Fat: 1.82g (2.79%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 10.91g (3.97%), Sugar: 6.45g (7.17%), Cholesterol: 6.31mg (2.1%), Sodium: 693.86mg (30.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.73%), Vitamin C: 59.29mg (71.86%), Vitamin A: 1654.2IU (33.08%), Vitamin K: 25.82µg (24.59%), Fiber: 5.02g (20.07%), Vitamin B6: 0.27mg (13.37%), Folate: 46.17µg (11.54%), Manganese: 0.22mg (10.78%), Vitamin B2: 0.16mg (9.45%), Potassium: 263.57mg (7.53%), Calcium: 67.56mg (6.76%), Phosphorus: 66.62mg (6.66%), Vitamin B1: 0.1mg (6.39%), Magnesium: 23.94mg (5.99%), Vitamin E: 0.86mg (5.74%), Iron: 0.87mg (4.83%), Vitamin B3: 0.9mg (4.48%), Vitamin B5: 0.37mg (3.67%), Zinc: 0.5mg (3.35%), Copper: 0.06mg (3.17%), Selenium: 1.65µg (2.35%), Vitamin B12: 0.12µg (2%)