



WHATSheATE



Green Bean, Feta, and Black Olive Salad



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.3 cups bulgur uncooked
- ☐ 3 ounces feta crumbled reduced-fat
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cups green beans leftover cooked cut into 1-inch pieces
- ☐ 4 kalamata olives pitted finely chopped
- ☐ 0.3 cup juice of lemon fresh

- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 cup onion red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups water boiling

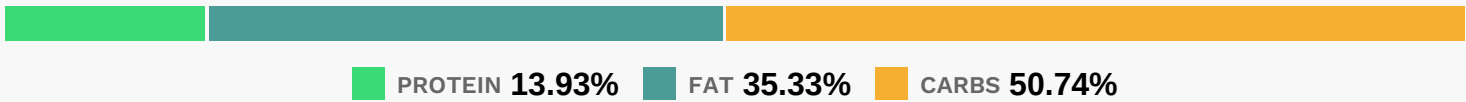
Equipment

- ☐ bowl

Directions

- ☐ Combine bulgur and boiling water in a large bowl.
- ☐ Let stand 30 minutes or until water is absorbed.
- ☐ Add remaining ingredients to bulgur; toss gently.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:8.78, Inflammation Score:-6, Nutrition Score:11.773043409638%

Flavonoids

Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 204.33kcal (10.22%), Fat: 8.55g (13.16%), Saturated Fat: 1.97g (12.33%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 20.81g (7.57%), Sugar: 2.4g (2.67%), Cholesterol: 7.59mg (2.53%), Sodium: 374.07mg (16.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.17%), Vitamin K: 61.03µg (58.13%), Manganese: 1.02mg

(50.76%), Fiber: 6.83g (27.32%), Vitamin C: 13.04mg (15.8%), Magnesium: 61.99mg (15.5%), Vitamin A: 557.64IU (11.15%), Phosphorus: 107.26mg (10.73%), Vitamin B3: 1.85mg (9.25%), Vitamin B6: 0.17mg (8.51%), Iron: 1.42mg (7.91%), Vitamin E: 1.15mg (7.64%), Copper: 0.15mg (7.48%), Folate: 29.33µg (7.33%), Vitamin B1: 0.11mg (7.18%), Potassium: 244.27mg (6.98%), Vitamin B2: 0.08mg (4.88%), Zinc: 0.72mg (4.82%), Vitamin B5: 0.43mg (4.27%), Calcium: 37.56mg (3.76%), Selenium: 0.97µg (1.38%)