



## Green Bean & Feta Salad

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



25 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

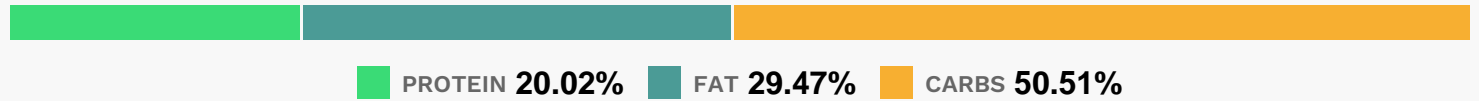
- 1 env. seasons cheese garlic dressing mix good
- 0.5 cup athenos feta cheese traditional
- 0.3 cup optional: dill fresh chopped
- 2 lb green beans fresh
- 0.3 cup onion red chopped

### Equipment

## Directions

- Cook beans in boiling water 7 min. or until crisp-tender.
- Drain; rinse with cold water. Meanwhile, prepare salad dressing as directed on pkg.
- Toss beans with the cheese, onion and dill.
- Add prepared dressing; mix lightly.
- Serve immediately. Or, cover and refrigerate several hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:5.75, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:3.7621738952787%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

## Nutrients (% of daily need)

Calories: 25.19kcal (1.26%), Fat: 0.92g (1.42%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 2.28g (0.83%), Sugar: 1.56g (1.74%), Cholesterol: 3.35mg (1.12%), Sodium: 46.1mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin K: 19.58µg (18.65%), Vitamin C: 6.18mg (7.49%), Vitamin A: 374.19IU (7.48%), Manganese: 0.11mg (5.45%), Fiber: 1.27g (5.09%), Vitamin B2: 0.08mg (4.77%), Folate: 17.43µg (4.36%), Vitamin B6: 0.08mg (4.17%), Calcium: 36.96mg (3.7%), Magnesium: 12.58mg (3.14%), Phosphorus: 30.84mg (3.08%), Potassium: 105.39mg (3.01%), Iron: 0.54mg (2.98%), Vitamin B1: 0.04mg (2.95%), Vitamin B3: 0.38mg (1.91%), Copper: 0.03mg (1.71%), Zinc: 0.23mg (1.5%), Vitamin B5: 0.14mg (1.43%), Vitamin E: 0.19mg (1.29%), Selenium: 0.84µg (1.21%), Vitamin B12: 0.06µg (1.06%)