



 **11%**  
HEALTH SCORE

## Green Bean Salad with Feta

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

### Ingredients

- 4 cups the salad mixed
- 1 tablespoon balsamic vinegar
- 0.5 teaspoon fennel seeds
- 2 ounces feta cheese crumbled
- 0.5 pound green beans fresh cooked trimmed cut in half
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 tablespoon orange juice
- 4 servings salt and pepper to taste

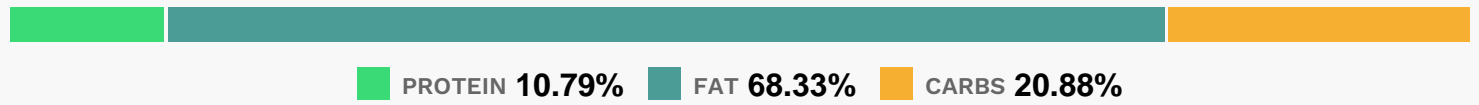
# Equipment

bowl

# Directions

- In a medium-size bowl, combine greens, beans and cheese.
- Add oil, vinegar, juice, fennel seeds, salt and pepper; toss.
- Sprinkle with dried cranberries, if desired.

# Nutrition Facts



# Properties

Glycemic Index:43.75, Glycemic Load:1.83, Inflammation Score:-6, Nutrition Score:8.2295652524285%

# Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

# Nutrients (% of daily need)

Calories: 129.71kcal (6.49%), Fat: 10.25g (15.76%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 5.41g (1.97%), Sugar: 2.8g (3.11%), Cholesterol: 12.62mg (4.21%), Sodium: 370.51mg (16.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin K: 28.85µg (27.48%), Vitamin C: 18.37mg (22.27%), Vitamin A: 914.28IU (18.29%), Vitamin B2: 0.2mg (11.81%), Manganese: 0.21mg (10.4%), Calcium: 100.79mg (10.08%), Folate: 39.32µg (9.83%), Phosphorus: 87.61mg (8.76%), Vitamin B6: 0.17mg (8.75%), Vitamin E: 1.27mg (8.45%), Fiber: 1.64g (6.56%), Potassium: 214.55mg (6.13%), Iron: 1.05mg (5.85%), Magnesium: 23.18mg (5.8%), Vitamin B1: 0.09mg (5.68%), Zinc: 0.64mg (4.29%), Vitamin B3: 0.81mg (4.04%), Vitamin B12: 0.24µg (3.99%), Selenium: 2.63µg (3.76%), Copper: 0.07mg (3.47%), Vitamin B5: 0.32mg (3.21%)