



Green Bean, Walnut, and Feta Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounce feta cheese crumbled
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 pounds green beans fresh trimmed
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.8 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 small purple onion thinly sliced
- ☐ 0.3 teaspoon salt

- ☐ 1 cup walnuts toasted coarsely chopped
- ☐ 0.3 cup citrus champagne vinegar

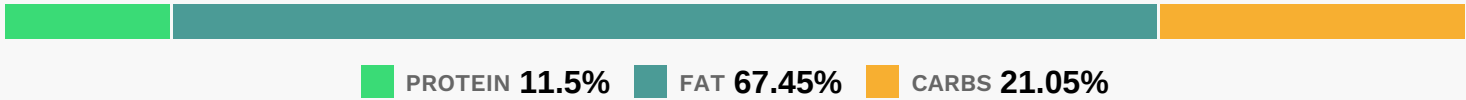
Equipment

- ☐ bowl
- ☐ whisk
- ☐ steamer basket

Directions

- ☐ Cut green beans into thirds, and arrange in a steamer basket over boiling water. Cover and steam 15 minutes or until crisp-tender. Immediately plunge into cold water to stop the cooking process; drain and pat dry.
- ☐ Toss together green beans, onion, cheese, and walnuts in a large bowl. Cover and chill 1 hour.
- ☐ Whisk together olive oil and next 5 ingredients; cover and chill 1 hour.
- ☐ Pour vinaigrette over green bean mixture, and chill 1 hour; toss just before serving.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:2.89, Inflammation Score:-7, Nutrition Score:13.566086898679%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 211.54kcal (10.58%), Fat: 16.9g (26%), Saturated Fat: 3.4g (21.28%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 7.57g (2.75%), Sugar: 4.66g (5.18%), Cholesterol: 12.62mg (4.21%), Sodium: 242.66mg (10.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.97%), Vitamin K: 52.01µg (49.53%), Manganese: 0.78mg (39.07%), Vitamin C: 15.18mg (18.4%), Fiber: 4.3g (17.18%), Vitamin A: 849.68IU (16.99%), Copper: 0.32mg

(16.15%), Vitamin B6: 0.32mg (15.88%), Vitamin B2: 0.26mg (15.51%), Folate: 58.99µg (14.75%), Phosphorus: 146.47mg (14.65%), Magnesium: 56.01mg (14%), Calcium: 130.59mg (13.06%), Vitamin B1: 0.17mg (11.43%), Iron: 1.78mg (9.91%), Potassium: 337.55mg (9.64%), Vitamin E: 1.18mg (7.86%), Zinc: 1.16mg (7.74%), Vitamin B3: 1.16mg (5.78%), Selenium: 3.62µg (5.17%), Vitamin B5: 0.49mg (4.95%), Vitamin B12: 0.24µg (3.99%)