



Green Beans in Vinaigrette with Feta



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 teaspoon dijon mustard
- ☐ 1 ounce sun-dried olives with basil and sun-dried tomatoes crumbled
- ☐ 24 ounce green beans fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt

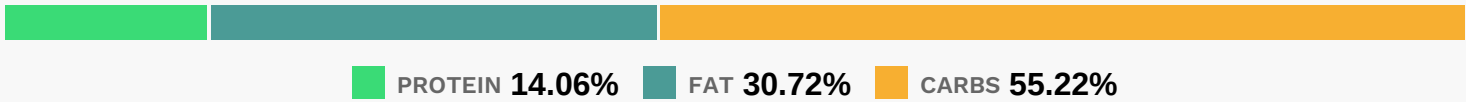
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Bring 8 cups water to a boil in a Dutch oven.
- ☐ Add green beans, and cook 4 minutes or until crisp-tender.
- ☐ . While beans are cooking, heat oil in a small saucepan over medium heat.
- ☐ Add garlic; saut 3 minutes or until lightly browned.
- ☐ Remove from heat; add vinegar, mustard, and salt, stirring well with a whisk.
- ☐ Drain beans, and return to pan.
- ☐ Pour vinaigrette over beans; toss gently to coat.
- ☐ Sprinkle with feta cheese.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:3.07, Inflammation Score:-7, Nutrition Score:9.686521773753%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 71.19kcal (3.56%), Fat: 2.76g (4.24%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 7.45g (2.71%), Sugar: 5.74g (6.38%), Cholesterol: 0mg (0%), Sodium: 215.39mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin K: 52.22µg (49.74%), Vitamin C: 15.95mg (19.33%), Manganese: 0.35mg (17.61%), Vitamin A: 824.41IU (16.49%), Fiber: 3.7g (14.78%), Potassium: 407.86mg (11.65%), Folate: 40.72µg (10.18%), Magnesium: 38.33mg (9.58%), Vitamin B6: 0.19mg (9.32%), Iron: 1.65mg (9.18%), Vitamin

B2: 0.14mg (8.38%), Vitamin B1: 0.12mg (8.08%), Copper: 0.15mg (7.45%), Vitamin B3: 1.27mg (6.35%), Phosphorus: 62.4mg (6.24%), Vitamin E: 0.81mg (5.37%), Calcium: 49.78mg (4.98%), Vitamin B5: 0.36mg (3.61%), Zinc: 0.38mg (2.55%), Selenium: 1.34µg (1.92%)