



## Green Beans with Balsamic Date Reduction, Feta and Pine Nuts

 Vegetarian  Gluten Free  Popular

READY IN



30 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

### Ingredients

- 0.5 cup balsamic vinegar
- 0.5 cup dates pitted
- 0.3 cup feta cheese crumbled
- 2 tbsp olive oil
- 0.3 cup sunflower seeds toasted (or sub sunflower seeds)
- 8 servings salt and pepper
- 0.8 cup water

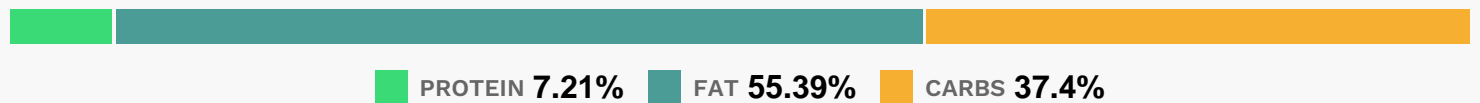
## Equipment

- frying pan
- sauce pan
- blender

## Directions

- Save Recipe
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- Green Beans with Balsamic Date Reduction, Feta and Pine Nuts
- Ingredients1 lb young, thin green beans (if using larger beans, see note at the end of the recipe)3/4 cup warm water1/2 cup pitted dates1/2 cup balsamic vinegar1/3 cup crumbled feta cheese1/4 cup toasted pinenuts (or sub toasted sunflower seeds)2 tbsp olive oil
- Salt and pepper
- You will also need
- Small saucepan, large nonstick skillet, blender
- Total Time: 30 Minutes
- Servings: 8-10 side servings
- Kosher Key: Dairy

## Nutrition Facts



## Properties

Glycemic Index:18.63, Glycemic Load:4.72, Inflammation Score:-1, Nutrition Score:3.6978260839115%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 111.89kcal (5.59%), Fat: 7.03g (10.82%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 9.59g (3.49%), Sugar: 8.32g (9.24%), Cholesterol: 5.56mg (1.85%), Sodium: 270.45mg (11.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin E: 1.99mg (13.28%), Manganese: 0.13mg (6.44%), Phosphorus: 57.42mg (5.74%), Magnesium: 20.89mg (5.22%), Copper: 0.1mg (5.21%), Vitamin B1: 0.08mg (5.09%), Selenium: 3.43µg (4.9%), Vitamin B6: 0.1mg (4.9%), Fiber: 1.1g (4.38%), Vitamin B2: 0.07mg (4.33%), Calcium: 42.79mg (4.28%), Folate: 13.25µg (3.31%), Potassium: 109.08mg (3.12%), Zinc: 0.43mg (2.88%), Iron: 0.49mg (2.72%), Vitamin B3: 0.53mg (2.64%), Vitamin K: 2.47µg (2.35%), Vitamin B12: 0.11µg (1.76%), Vitamin B5: 0.16mg (1.62%)