



Green Beans with Feta

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



41 kcal

SIDE DISH

Ingredients

- 1 lb green beans fresh trimmed
- 2 tablespoons savory vegetable
- 1 tablespoon tarragon vinegar
- 2 tablespoons onion red chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 clove garlic finely chopped
- 2 oz feta cheese crumbled

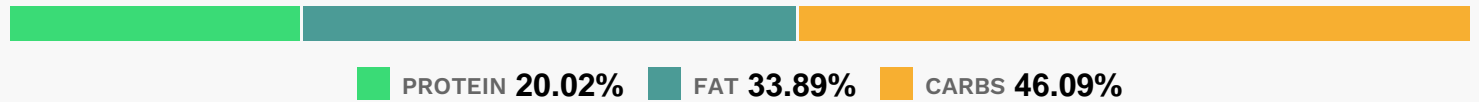
Equipment

- bowl
- sauce pan

Directions

- In 6-quart saucepan, heat 1 inch water and beans to boiling; reduce heat. Simmer uncovered 8 to 10 minutes or until crisp-tender; drain.
- In large bowl, place beans.
- Add remaining ingredients except feta cheese; toss to coat.
- Top with feta cheese; serve warm.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:1.44, Inflammation Score:-5, Nutrition Score:5.2600000241528%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 40.8kcal (2.04%), Fat: 1.67g (2.58%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 3.38g (1.23%), Sugar: 1.96g (2.18%), Cholesterol: 6.31mg (2.1%), Sodium: 231.49mg (10.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.45%), Vitamin K: 24.63µg (23.45%), Vitamin A: 609.28IU (12.19%), Vitamin C: 7.6mg (9.22%), Manganese: 0.15mg (7.62%), Vitamin B2: 0.12mg (7.24%), Fiber: 1.74g (6.98%), Vitamin B6: 0.12mg (6.07%), Calcium: 58.58mg (5.86%), Folate: 22.55µg (5.64%), Phosphorus: 49.09mg (4.91%), Vitamin B1: 0.06mg (4.26%), Magnesium: 16.88mg (4.22%), Potassium: 137.92mg (3.94%), Iron: 0.68mg (3.8%), Vitamin B3: 0.54mg (2.69%), Zinc: 0.37mg (2.44%), Copper: 0.05mg (2.4%), Selenium: 1.5µg (2.14%), Vitamin B5: 0.21mg (2.08%), Vitamin B12: 0.12µg (2%), Vitamin E: 0.25mg (1.64%)