



## Green Beans with Tomatoes and Feta

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



74 kcal

SIDE DISH

### Ingredients

- 14.8 oz haricots verts frozen with toasted almonds organic cascadian farm®
- 1 tablespoon olive oil
- 1 medium onion sliced
- 2 cloves garlic finely chopped
- 14.5 oz canned tomatoes diced organic undrained canned
- 1 teaspoon oregano dried fresh chopped
- 0.1 teaspoon pepper red crushed
- 2 oz feta cheese crumbled

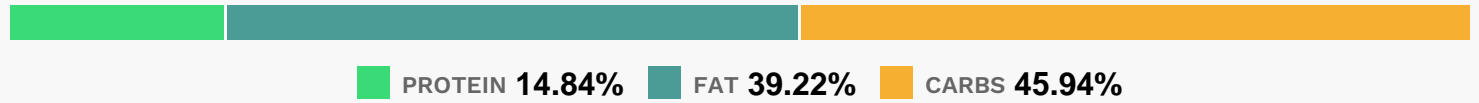
# Equipment

frying pan

# Directions

- Cook beans as directed on boxes, reserving almonds; drain.
- Meanwhile, in 10-inch skillet, heat oil over medium heat.
- Add onion and garlic; cook 3 to 4 minutes, stirring frequently, until onion is crisp-tender.
- Stir in tomatoes, oregano and pepper flakes.
- Heat to boiling. Reduce heat; simmer uncovered about 5 minutes, stirring occasionally, until thickened and most of liquid has evaporated.
- Spoon drained beans onto serving platter; top with tomato mixture.
- Sprinkle with cheese and reserved almonds.

# Nutrition Facts



# Properties

Glycemic Index:21.63, Glycemic Load:2.51, Inflammation Score:-6, Nutrition Score:7.7799999895303%

# Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

# Nutrients (% of daily need)

Calories: 74.32kcal (3.72%), Fat: 3.57g (5.49%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 6.64g (2.41%), Sugar: 4.57g (5.08%), Cholesterol: 6.31mg (2.1%), Sodium: 153.06mg (6.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.07%), Vitamin K: 28.11µg (26.77%), Vitamin C: 12.38mg (15.01%), Manganese: 0.25mg (12.63%), Fiber: 2.76g (11.04%), Vitamin B6: 0.21mg (10.51%), Vitamin A: 516.13IU (10.32%), Vitamin B2: 0.15mg (8.66%), Potassium: 292.47mg (8.36%), Calcium: 80.45mg (8.04%), Vitamin E: 1.18mg (7.89%), Iron: 1.4mg (7.79%), Folate: 29.49µg (7.37%), Copper: 0.14mg (7.1%), Magnesium: 27.02mg (6.75%), Vitamin B1: 0.1mg (6.72%), Phosphorus: 65.86mg (6.59%), Vitamin B3: 1.12mg (5.6%), Vitamin B5: 0.35mg (3.53%), Zinc:

0.51mg (3.39%), Selenium: 1.88 $\mu$ g (2.68%), Vitamin B12: 0.12 $\mu$ g (2%)