



## Marinated Green Beans with Olives, Tomatoes, and Feta

 Vegetarian  Gluten Free

READY IN



220 min.

SERVINGS



10

CALORIES



163 kcal

SIDE DISH

### Ingredients

- 8 ounce feta crumbled
- 2 pounds green beans fresh trimmed
- 2 cloves garlic minced
- 0.3 teaspoon ground pepper black
- 1 cup kalamata olives pitted sliced
- 0.3 cup olive oil
- 1 bunch oregano sprigs fresh

- 1 tablespoon oregano fresh chopped
- 2 tablespoons red wine vinegar
- 0.5 teaspoon salt
- 2 tomatoes seeded chopped

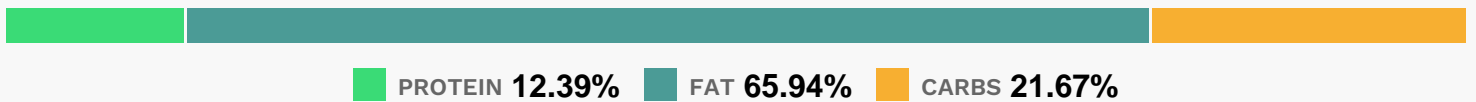
## Equipment

- frying pan
- pot

## Directions

- Bring a large pot of salted water to a boil over medium heat and drop in the green beans; cook until slightly tender, but still crisp, 8 to 10 minutes. Immediately drain the green beans and plunge into ice water to stop the beans from cooking further.
- Drain the beans and place them in a shallow serving dish.
- Heat the olive oil in a skillet over medium heat. Cook garlic in the oil for about 30 seconds.
- Remove the skillet from the heat. Stir in the olives, tomatoes, vinegar, oregano, salt, and pepper.
- Pour mixture over green beans. Toss together until beans are evenly coated.
- Sprinkle feta cheese over the top and garnish with oregano sprigs. Chill at least 3 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:18.3, Glycemic Load:2.34, Inflammation Score:-8, Nutrition Score:11.389130556065%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

## Nutrients (% of daily need)

Calories: 163.14kcal (8.16%), Fat: 12.62g (19.42%), Saturated Fat: 4.1g (25.62%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 5.86g (2.13%), Sugar: 3.71g (4.12%), Cholesterol: 20.18mg (6.73%), Sodium: 592.7mg (25.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.67%), Vitamin K: 48.62µg (46.31%), Vitamin A: 990.17IU (19.8%), Vitamin C: 14.65mg (17.76%), Vitamin B2: 0.3mg (17.37%), Calcium: 166.05mg (16.61%), Manganese: 0.28mg (13.92%), Fiber: 3.47g (13.88%), Vitamin B6: 0.26mg (13.09%), Vitamin E: 1.95mg (12.99%), Phosphorus: 119.47mg (11.95%), Folate: 42.74µg (10.68%), Iron: 1.5mg (8.31%), Magnesium: 33.16mg (8.29%), Vitamin B1: 0.12mg (8.24%), Potassium: 281.33mg (8.04%), Vitamin B12: 0.38µg (6.39%), Zinc: 0.94mg (6.29%), Selenium: 4.18µg (5.98%), Vitamin B3: 1.1mg (5.51%), Copper: 0.11mg (5.36%), Vitamin B5: 0.46mg (4.58%)