



WHATSheATE



Marinated Green Beans with Tomatoes, Olives, and Feta



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce feta cheese crumbled
- ☐ 2 pounds green beans fresh trimmed
- ☐ 2 garlic cloves minced
- ☐ 1 cup kalamata olives sliced
- ☐ 0.3 cup olive oil
- ☐ 10 servings garnish: oregano sprigs fresh
- ☐ 1 tablespoon oregano fresh finely chopped

- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons red wine vinegar
- ☐ 1.5 teaspoons salt divided
- ☐ 2 tomatoes seeded chopped

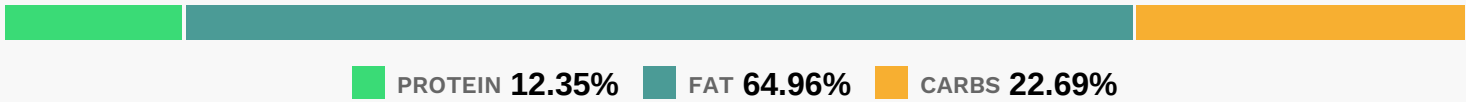
Equipment

- ☐ frying pan

Directions

- ☐ Place beans in boiling water seasoned with 1 teaspoon salt; cook 6 to 8 minutes or until crisp-tender.
- ☐ Drain. Plunge beans into ice water to stop the cooking process.
- ☐ Place in a shallow serving dish.
- ☐ Cook garlic in hot oil in a skillet over medium heat 30 seconds or just until fragrant; remove from heat. Stir in olives, next 4 ingredients, and remaining 1/2 teaspoon salt.
- ☐ Pour mixture over beans, tossing to coat. Chill at least 3 hours or overnight.
- ☐ Sprinkle with feta cheese.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:18.3, Glycemic Load:2.35, Inflammation Score:-9, Nutrition Score:12.133043480956%

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: 165.53kcal (8.28%), Fat: 12.66g (19.48%), Saturated Fat: 4.11g (25.7%), Carbohydrates: 9.95g (3.32%), Net Carbohydrates: 6.1g (2.22%), Sugar: 3.74g (4.16%), Cholesterol: 20.18mg (6.73%), Sodium: 825.48mg (35.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.83%), Vitamin K: 54.22µg (51.64%), Vitamin A: 1005.48IU (20.11%), Calcium: 180.57mg (18.06%), Vitamin C: 14.67mg (17.79%), Vitamin B2: 0.3mg (17.65%), Manganese: 0.32mg (16.19%), Fiber: 3.85g (15.41%), Vitamin E: 2.11mg (14.08%), Vitamin B6: 0.27mg (13.56%), Phosphorus: 120.8mg (12.08%), Folate: 44.87µg (11.22%), Iron: 1.83mg (10.16%), Magnesium: 35.59mg (8.9%), Potassium: 292.72mg (8.36%), Vitamin B1: 0.13mg (8.34%), Zinc: 0.97mg (6.45%), Vitamin B12: 0.38µg (6.39%), Selenium: 4.22µg (6.03%), Vitamin B3: 1.14mg (5.72%), Copper: 0.11mg (5.65%), Vitamin B5: 0.47mg (4.67%)