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Yellow Bean Salad ♦♦

A refreshing salad made with yellow beans and a variety of fresh vegetables. Perfect for a summer picnic or barbecue.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 5 mins

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	yellow beans
200 g	Cherry Tomatoes
100 g	red onion
150 g	cucumber
100 g	feta cheese
30 ml	olive oil

15 ml	lemon juice
5 g	salt
2 g	pepper

Directions

Step 1

Boiling

Trim the ends of the yellow beans and blanch them in boiling water for 3 minutes. Drain and rinse under cold water.

Prep Time: 5 mins

Cook Time: 3 mins

Step 2

Cutting

Cut the cherry tomatoes in half. Thinly slice the red onion. Dice the cucumber. Crumble the feta cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the yellow beans, cherry tomatoes, red onion, cucumber, and feta cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper. Pour the dressing over the salad and toss to combine.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serving

Serve the salad chilled. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 6 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	4 g	10.53%	16%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	15 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Barbecue Picnic Game Day

Cuisines

Italian

Course

Drinks Salads Snacks Sauces & Dressings

Cost

Over \$50

Demographics

Kids Friendly Teen Friendly Diabetic Friendly

Diet

Mediterranean Diet Vegetarian Diet The Sleeping Beauty Diet
The Breatharian Diet The Werewolf Diet

Meal Type

Lunch Snack Supper

Difficulty Level

Easy

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