

# Italian Green Bean Salad

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-green-bean-salad>

## Ingredients:

- 12 ounces green beans ends trimmed, long ones cut in half or thirds - preferably fresh, though frozen can be used, cook according to p...
- 1/3 cup fat free Italian dressing tap for recipe - or your favorite oil-based Italian vinaigrette
- 1/2 small red onion thinly sliced
- 1 cup cannellini beans cooked
- 6 ounces grape tomatoes halved
- 1/3 cup toasted almonds sliced, optional - or pine nuts; omit or use seeds for nut-free
- salt
- pepper

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 21 grams
3. Fat: 6 grams
4. Fiber: 5 grams
5. Protein: 8 grams
6. Sodium: 380 milligrams
7. Sugar: 6 grams

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