



Apple-Bacon Green Beans

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



5

CALORIES



226 kcal

SIDE DISH

Ingredients

- 6 bacon diced
- 1 small onion diced
- 16 ounces green beans frozen
- 1 large baking apples are apples that have a sweet-tart balance and hold their shape when chopped
- 3 tablespoons brown sugar
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- 3 tablespoons apple cider vinegar
- 2 tablespoons parsley dried

1 serving salt and pepper to taste

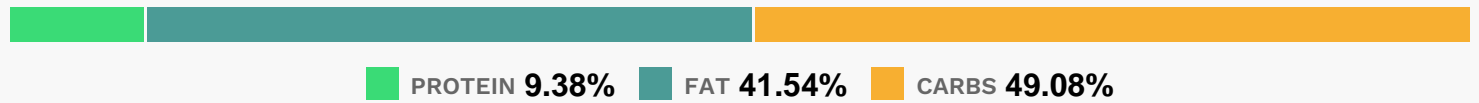
Equipment

frying pan

Directions

In a large skillet, cook bacon and onion over medium heat until bacon is crisp. Stir in the remaining ingredients. Reduce heat; cover and simmer until the apple and beans are tender.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:3.73, Inflammation Score:-7, Nutrition Score:10.218260866144%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 36.03mg, Apigenin: 36.03mg, Apigenin: 36.03mg, Apigenin: 36.03mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 225.95kcal (11.3%), Fat: 10.81g (16.63%), Saturated Fat: 3.58g (22.41%), Carbohydrates: 28.74g (9.58%), Net Carbohydrates: 24.77g (9.01%), Sugar: 22.25g (24.72%), Cholesterol: 17.42mg (5.81%), Sodium: 228.07mg (9.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin K: 50.92µg (48.5%), Vitamin C: 15.16mg (18.37%), Manganese: 0.34mg (17.14%), Fiber: 3.97g (15.89%), Vitamin A: 675.6IU (13.51%), Vitamin B6: 0.25mg (12.32%), Vitamin B1: 0.16mg (10.86%), Potassium: 359.04mg (10.26%), Vitamin B3: 1.88mg (9.4%), Selenium: 6.22µg (8.88%), Folate: 35.52µg (8.88%), Vitamin B2: 0.15mg (8.83%), Phosphorus: 86.24mg (8.62%), Magnesium: 34.42mg (8.61%), Iron: 1.42mg (7.9%), Calcium: 62.51mg (6.25%), Copper: 0.1mg (5.25%), Vitamin E: 0.64mg (4.27%), Vitamin B5: 0.42mg (4.23%), Zinc: 0.62mg (4.15%), Vitamin B12: 0.13µg (2.2%)