



Bacon Braised String Beans

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



432 kcal

SIDE DISH

Ingredients

- 0.5 pound bacon skinless cut into lardons
- 0.5 pound button mushrooms stemmed sliced
- 1 cup chicken stock see
- 2 garlic cloves smashed
- 4 servings kosher salt
- 4 servings olive oil extra-virgin
- 1 pinch pepper flakes red crushed
- 1 pound string beans






Equipment

- bowl
- frying pan

Directions

- Watch how to make this recipe.
- Coat a large straight sided skillet lightly with olive oil.
- Add the bacon, garlic and red pepper flakes and bring to a medium heat. Cook until the bacon has gotten brown and crispy and has let off most of the fat. When the garlic becomes golden brown and very aromatic, remove and discard. They have fulfilled their garlic destiny.
- Add the mushrooms to the bacon pan, season with salt, to taste, and cook until they become soft, about 2 to 3 minutes.
- Add the beans and the chicken stock, season with salt, to taste, cover and cook over medium-low heat for 40 to 45 minutes. If the liquid reduces too much during the cooking time, add water to make up the difference.
- Remove the lid and cook until almost all of the liquid is reduced. When done the beans should be very tender, almost falling apart and VERY flavorful.
- Transfer to a serving bowl and serve.
- What a bean!

Nutrition Facts

  
 **PROTEIN 11.4%**  **FAT 76.74%**  **CARBS 11.86%**

Properties

Glycemic Index:27, Glycemic Load:2.78, Inflammation Score:-7, Nutrition Score:16.803043469139%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 431.73kcal (21.59%), Fat: 37.68g (57.96%), Saturated Fat: 9.75g (60.94%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 9.44g (3.43%), Sugar: 5.78g (6.43%), Cholesterol: 39.22mg (13.07%), Sodium: 665.52mg (28.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.19%), Vitamin K: 57.36µg (54.63%), Vitamin B3: 6.12mg (30.61%), Selenium: 18.89µg (26.98%), Vitamin B2: 0.44mg (26.16%), Vitamin B1: 0.32mg (21.3%), Vitamin B6: 0.43mg (21.27%), Phosphorus: 192.07mg (19.21%), Vitamin C: 15.61mg (18.93%), Vitamin E: 2.76mg (18.39%), Potassium: 601.52mg (17.19%), Vitamin A: 812.77IU (16.26%), Copper: 0.32mg (15.98%), Manganese: 0.3mg (15.19%), Fiber: 3.67g (14.68%), Vitamin B5: 1.43mg (14.28%), Folate: 50.11µg (12.53%), Magnesium: 43.07mg (10.77%), Iron: 1.92mg (10.67%), Zinc: 1.34mg (8.93%), Calcium: 51.35mg (5.14%), Vitamin B12: 0.31µg (5.1%), Vitamin D: 0.34µg (2.27%)