



Bacon Feta Beans

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bacon divided crumbled cooked
- ☐ 4 ounces feta cheese divided crumbled
- ☐ 1 teaspoon garlic minced
- ☐ 16 ounce cut green beans frozen
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.5 teaspoon onion powder
- ☐ 2 tablespoons water

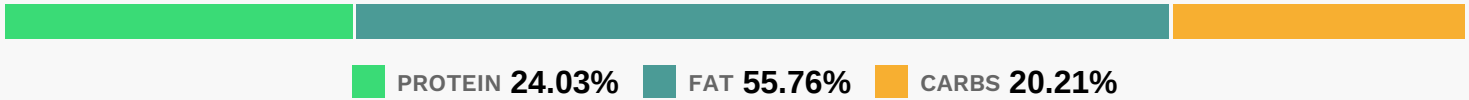
Equipment

☐ frying pan

Directions

- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly browned but only slightly crisp.
- ☐ Drain grease, leaving a small amount in the skillet for later use. Crumble bacon, reserving 2 tablespoons for garnish, and set aside.
- ☐ Cook frozen beans in a covered, microwavable dish for about 3 minutes until thawed, but not fully cooked.
- ☐ Drain liquid, pat dry, and set aside.
- ☐ Reheat skillet with residual bacon grease over medium-high heat. Stir in bacon and garlic until garlic is lightly golden.
- ☐ Add green beans and feta cheese, and season with onion powder and black pepper. Cook and stir until most of the feta cheese has melted, about 2 minutes.
- ☐ Transfer to a serving dish, and garnish with remaining feta cheese and crumbled bacon.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:1.73, Inflammation Score:-5, Nutrition Score:9.1913044478582%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 124.86kcal (6.24%), Fat: 7.98g (12.28%), Saturated Fat: 3.83g (23.96%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 4.42g (1.61%), Sugar: 2.48g (2.76%), Cholesterol: 27.38mg (9.13%), Sodium: 399.66mg (17.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.47%), Vitamin K: 32.93µg (31.36%), Vitamin B2: 0.26mg (15.51%), Phosphorus: 135.17mg (13.52%), Vitamin B6: 0.25mg (12.57%), Selenium: 8.79µg (12.56%), Calcium: 124.2mg (12.42%), Vitamin A: 605.61IU (12.11%), Vitamin C: 9.42mg (11.42%), Vitamin B1: 0.15mg (10.18%), Manganese: 0.19mg

(9.34%), Vitamin B3: 1.87mg (9.33%), Fiber: 2.09g (8.35%), Folate: 31.12µg (7.78%), Vitamin B12: 0.44µg (7.26%), Zinc: 1.07mg (7.1%), Magnesium: 26.23mg (6.56%), Potassium: 228.66mg (6.53%), Iron: 1.02mg (5.68%), Vitamin B5: 0.48mg (4.77%), Copper: 0.07mg (3.66%), Vitamin E: 0.39mg (2.6%)