



## Bacon Wrapped Green Bean Bundles

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



696 kcal

SIDE DISH

### Ingredients

- 1.5 pounds green beans fresh ends trimmed
- 1 pound bacon cut in half crosswise
- 0.5 cup butter melted
- 0.8 cup brown sugar
- 0.8 cup brown sugar
- 1 tsp garlic fresh minced
- 1 tsp soya sauce

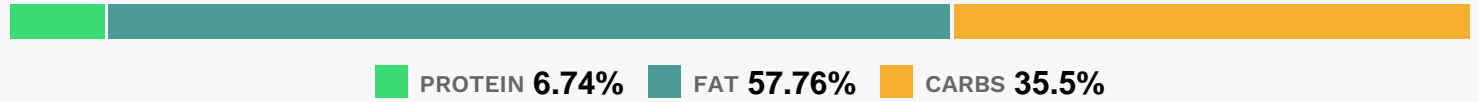
### Equipment

- oven
- baking pan

## Directions

- Preheat oven to 425F. Grease a 1015 inch baking dish and set aside.
- Wrap 8 or 9 green beans with a strip of bacon and place in prepared dish. Repeat.
- Combine butter, brown sugar, garlic, and soy sauce.
- Pour over green beans.
- Bake in preheated oven for 25 to 30 minutes, or until bacon and green beans are browned and crispy.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:2.28, Inflammation Score:-7, Nutrition Score:14.026086956522%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

## Taste

Sweetness: 82.14%, Saltiness: 100%, Sourness: 20.75%, Bitterness: 28.78%, Savoriness: 70.79%, Fattiness: 85.49%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 696.33kcal (34.82%), Fat: 45.6g (70.15%), Saturated Fat: 19.83g (123.95%), Carbohydrates: 63.05g (21.02%), Net Carbohydrates: 59.97g (21.81%), Sugar: 57.08g (63.42%), Cholesterol: 90.57mg (30.19%), Sodium: 700.24mg (30.45%), Protein: 11.98g (23.95%), Vitamin K: 50.09µg (47.71%), Vitamin A: 1283.19IU (25.66%), Selenium: 16.8µg (24%), Vitamin B1: 0.3mg (20.27%), Vitamin B3: 3.98mg (19.92%), Vitamin B6: 0.39mg (19.59%), Vitamin C: 13.98mg (16.95%), Phosphorus: 160.71mg (16.07%), Manganese: 0.3mg (15.06%), Potassium: 470.64mg (13.45%), Fiber: 3.08g (12.32%), Vitamin B2: 0.19mg (11.04%), Magnesium: 43.27mg (10.82%), Iron: 1.9mg (10.58%), Calcium: 96.97mg (9.7%), Folate: 38.73µg (9.68%), Vitamin E: 1.23mg (8.19%), Zinc: 1.21mg (8.05%), Vitamin B5: 0.77mg (7.75%), Copper: 0.14mg (6.93%), Vitamin B12: 0.41µg (6.84%), Vitamin D: 0.3µg (2.02%)