



# Bacon Wrapped Green Beans



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



8

CALORIES



218 kcal

SIDE DISH

## Ingredients

- 12 ounce bacon cut in half
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 16 ounce green beans frozen
- 8 servings salt and pepper to taste

## Equipment

- frying pan
- oven

casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a casserole dish.
- Set out the bacon, green beans and casserole dish in a little assembly line.
- Lay out a half strip of bacon. place a small bunch of green beans (6 or
- onto the strip of bacon and roll up into a bundle.
- Place the bundle into the casserole dish, seam side down. Repeat with remaining bacon strips and green beans. You can pack these pretty tight in the pan, just know that if the bacon is touching another bundle they take some prying to get apart.
- Sprinkle with the brown sugar and salt and pepper.
- Bake in the preheated oven until browned and heated through, about 20 minutes.

## Nutrition Facts

 PROTEIN **11.65%**  FAT **69.49%**  CARBS **18.86%**

## Properties

Glycemic Index:5.75, Glycemic Load:1.11, Inflammation Score:-4, Nutrition Score:6.6000000031098%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

## Nutrients (% of daily need)

Calories: 217.7kcal (10.89%), Fat: 17g (26.16%), Saturated Fat: 5.68g (35.51%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 8.85g (3.22%), Sugar: 7.67g (8.52%), Cholesterol: 28.07mg (9.36%), Sodium: 480.38mg (20.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Vitamin K: 24.38µg (23.22%), Selenium: 8.96µg (12.8%), Vitamin B1: 0.16mg (10.92%), Vitamin B3: 2.13mg (10.67%), Vitamin B6: 0.2mg (9.78%), Vitamin C: 6.92mg (8.38%), Phosphorus: 83.02mg (8.3%), Vitamin A: 406.96IU (8.14%), Manganese: 0.13mg (6.57%), Fiber: 1.53g (6.12%), Potassium: 211.85mg (6.05%), Vitamin B2: 0.09mg (5.49%), Magnesium: 19.82mg (4.96%), Folate: 18.77µg (4.69%), Iron: 0.8mg (4.46%), Zinc: 0.64mg (4.27%), Vitamin B5: 0.37mg (3.72%), Vitamin B12: 0.21µg (3.54%), Copper: 0.06mg (3%), Calcium: 28.2mg (2.82%), Vitamin E: 0.42mg (2.77%), Vitamin D: 0.17µg (1.13%)