



Best Green Beans

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

READY IN



45 min.

SERVINGS



6

CALORIES



211 kcal

SIDE DISH

Ingredients

- 0.5 pound bacon diced sliced
- 4 mushrooms fresh sliced
- 4 mushrooms fresh sliced
- 1 clove garlic diced
- 31 ounce green beans french canned
- 1.5 teaspoons soya sauce

Equipment

- sauce pan

Directions

- Place bacon into a large saucepan over medium heat. Cook until browned, stirring occasionally.
- Add the mushrooms and garlic, and reduce the heat to medium-low.
- Let cook for a few minutes to soften the mushrooms. Stir in the green beans and soy sauce, and heat through.

Nutrition Facts

PROTEIN 15.4% **FAT 63.11%** **CARBS 21.49%**

Properties

Glycemic Index:25.83, Glycemic Load:3.13, Inflammation Score:-7, Nutrition Score:14.157826252606%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 210.54kcal (10.53%), Fat: 15.42g (23.72%), Saturated Fat: 5.11g (31.96%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 7.57g (2.75%), Sugar: 5.33g (5.93%), Cholesterol: 24.95mg (8.32%), Sodium: 344.23mg (14.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.46g (16.93%), Vitamin K: 62.99µg (59.99%), Vitamin C: 18.59mg (22.53%), Vitamin A: 1024.69IU (20.49%), Vitamin B3: 3.62mg (18.1%), Manganese: 0.35mg (17.45%), Vitamin B2: 0.29mg (17.23%), Vitamin B6: 0.34mg (17.2%), Fiber: 4.24g (16.98%), Vitamin B1: 0.25mg (16.53%), Selenium: 11.04µg (15.77%), Phosphorus: 135.74mg (13.57%), Potassium: 473.88mg (13.54%), Folate: 53.15µg (13.29%), Magnesium: 44.28mg (11.07%), Copper: 0.21mg (10.26%), Iron: 1.84mg (10.23%), Vitamin B5: 0.95mg (9.47%), Zinc: 0.95mg (6.32%), Calcium: 58.09mg (5.81%), Vitamin E: 0.77mg (5.11%), Vitamin B12: 0.2µg (3.33%), Vitamin D: 0.2µg (1.36%)