



Blue Cheese Green Beans

 **Gluten Free**

READY IN



20 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

Ingredients

- 6 bacon diced
- 0.5 cup cheese blue crumbled
- 1 pound green beans fresh cut into 2-inch pieces
- 0.3 cup pecans chopped
- 6 servings bell pepper to taste
- 6 servings bell pepper to taste

Equipment

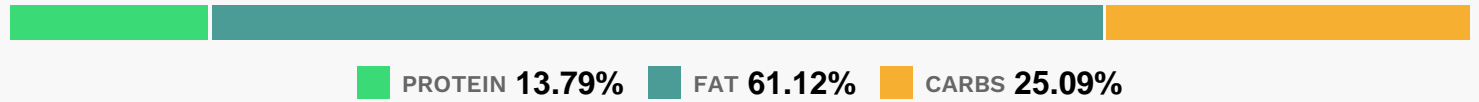
- frying pan

- paper towels
- slotted spoon

Directions

- In a large skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels.
- Drain, reserving 2 tablespoons drippings.
- In the drippings, cook and stir the beans for 8–10 minutes or until crisp-tender.
- Add the blue cheese, pecans, pepper and bacon. Cook for 2 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:3.46, Inflammation Score:-9, Nutrition Score:22.687825988168%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 235.47kcal (11.77%), Fat: 16.93g (26.05%), Saturated Fat: 5.53g (34.56%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 9.89g (3.6%), Sugar: 9.02g (10.02%), Cholesterol: 22.96mg (7.65%), Sodium: 285.51mg (12.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.2%), Vitamin C: 200.01mg (242.44%), Vitamin A: 5284.19IU (105.68%), Vitamin K: 40.29µg (38.37%), Vitamin B6: 0.63mg (31.5%), Manganese: 0.61mg (30.31%), Folate: 98.87µg (24.72%), Fiber: 5.75g (23.01%), Vitamin E: 2.87mg (19.14%), Vitamin B1: 0.25mg (16.43%), Potassium: 571.09mg (16.32%), Vitamin B2: 0.27mg (16.11%), Phosphorus: 159.46mg (15.95%), Vitamin B3: 3.08mg (15.42%), Magnesium: 49.33mg (12.33%), Calcium: 103.14mg (10.31%), Vitamin B5: 1.01mg (10.11%), Selenium: 6.89µg (9.84%), Iron: 1.7mg (9.43%), Zinc: 1.39mg (9.25%), Copper: 0.16mg (8.19%), Vitamin B12: 0.25µg (4.12%)