



Country Green Beans

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

Ingredients

- 0.3 cup bacon uncooked chopped
- 0.3 cup butter
- 0.3 cup chicken broth
- 1 pound green beans fresh trimmed
- 1 clove garlic minced
- 0.3 teaspoon ground pepper black
- 0.3 cup onion chopped
- 0.5 teaspoon salt

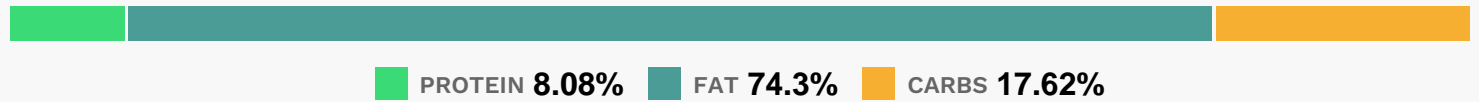
Equipment

- frying pan
- paper towels
- sauce pan

Directions

- Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Drain bacon slices on paper towels.
- Combine bacon, green beans, onion, butter, chicken broth, garlic, salt, and pepper in a saucepan. Cover and simmer on medium heat until beans are tender, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:2.52, Inflammation Score:-7, Nutrition Score:9.7534783612127%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg

Nutrients (% of daily need)

Calories: 204.85kcal (10.24%), Fat: 17.67g (27.19%), Saturated Fat: 9.32g (58.27%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 6.15g (2.24%), Sugar: 4.2g (4.67%), Cholesterol: 40.56mg (13.52%), Sodium: 541.65mg (23.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.65%), Vitamin K: 50.01µg (47.63%), Vitamin A: 1143.71IU (22.87%), Vitamin C: 14.81mg (17.95%), Manganese: 0.3mg (14.77%), Fiber: 3.28g (13.12%), Vitamin B6: 0.22mg (11.07%), Folate: 39.79µg (9.95%), Vitamin B1: 0.14mg (9.59%), Vitamin B2: 0.15mg (8.66%), Potassium: 293.93mg (8.4%), Magnesium: 31.96mg (7.99%), Vitamin B3: 1.48mg (7.42%), Phosphorus: 72.62mg (7.26%), Iron: 1.29mg (7.17%), Vitamin E: 0.87mg (5.78%), Selenium: 4.02µg (5.74%), Calcium: 51.08mg (5.11%), Copper: 0.09mg (4.73%), Vitamin B5: 0.37mg (3.73%), Zinc: 0.5mg (3.32%), Vitamin B12: 0.1µg (1.68%)