



Country Green Beans

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



144 kcal

SIDE DISH

Ingredients

- 12 ounce bacon cut into 2-inch pieces
- 4 pounds green beans fresh
- 10 green onions finely chopped
- 0.3 teaspoon pepper
- 0.8 teaspoon salt
- 1 tablespoon water

Equipment

- bowl

- frying pan
- paper towels
- sauce pan

Directions

- Remove strings from beans; wash and remove tough ends. Set beans aside.
- Cook bacon in a large saucepan until crisp; drain on paper towels, and set aside. Reserve 1/4 cup bacon drippings in pan.
- Saut onion in reserved bacon drippings until tender.
- Add beans; cook over medium heat 2 minutes, stirring well.
- Add water; cover and cook 30 minutes or until beans are tender.
- Add salt, pepper, and reserved bacon; stir well.
- Transfer to a serving bowl.
- Sprinkle relish over top for garnish, if desired.

Nutrition Facts

PROTEIN 14.74% **FAT 58.93%** **CARBS 26.33%**

Properties

Glycemic Index:7.86, Glycemic Load:2.68, Inflammation Score:-7, Nutrition Score:11.665652186974%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 144.34kcal (7.22%), Fat: 9.95g (15.3%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 6.26g (2.28%), Sugar: 4.42g (4.92%), Cholesterol: 16.04mg (5.35%), Sodium: 294.65mg (12.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Vitamin K: 73.53µg (70.03%), Vitamin C: 17.42mg (21.12%), Vitamin A: 988.87IU (19.78%), Manganese: 0.3mg (15.06%), Fiber: 3.73g (14.92%), Vitamin B6: 0.25mg (12.64%), Folate: 48.26µg (12.06%), Vitamin B1: 0.18mg (11.87%), Potassium: 345.72mg (9.88%), Vitamin B3: 1.97mg (9.87%), Vitamin B2: 0.16mg (9.49%), Magnesium: 37.1mg (9.28%), Phosphorus: 87.47mg (8.75%), Iron: 1.57mg (8.7%), Selenium: 5.72µg (8.16%), Calcium: 55.61mg (5.56%), Copper: 0.11mg (5.37%), Vitamin E: 0.68mg (4.56%),

Vitamin B5: 0.43mg (4.33%), Zinc: 0.63mg (4.21%), Vitamin B12: 0.12µg (2.02%)