

Creole Green Beans

 Gluten Free

READY IN



40 min.

SERVINGS



3

CALORIES



379 kcal

SIDE DISH

Ingredients

- 6 slices bacon thick chopped
- 1 teaspoon cayenne pepper
- 1 teaspoon creole seasoning
- 2 cloves garlic chopped
- 14 ounce green beans frozen
- 0.5 bell pepper green chopped
- 0.3 teaspoon ground pepper black
- 0.5 onion chopped

3 servings salt to taste

0.3 cup butter unsalted

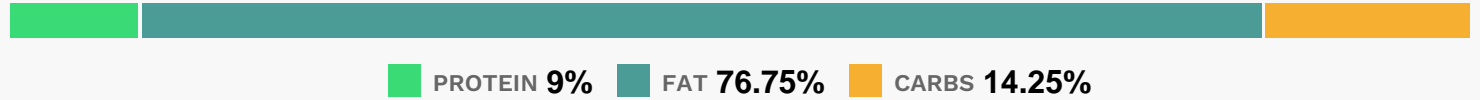
Equipment

frying pan

Directions

Melt butter over medium heat in a large skillet. Stir in green beans, bacon, onion, green pepper, and garlic; cook and stir until onions are translucent, about 2 minutes. Stir in cayenne pepper, Creole seasoning, and black pepper. Cover; reduce heat to low. Simmer until vegetables are tender, about 20 minutes. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:69.67, Glycemic Load:3.37, Inflammation Score:-9, Nutrition Score:15.988260953323%

Flavonoids

Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg

Nutrients (% of daily need)

Calories: 379.06kcal (18.95%), Fat: 33.4g (51.38%), Saturated Fat: 15.7g (98.13%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 9.28g (3.38%), Sugar: 5.74g (6.37%), Cholesterol: 69.71mg (23.24%), Sodium: 497.19mg (21.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.62%), Vitamin K: 61.13µg (58.22%), Vitamin C: 35.09mg (42.53%), Vitamin A: 2031.5IU (40.63%), Vitamin B6: 0.43mg (21.43%), Manganese: 0.42mg (21.05%), Fiber: 4.67g (18.67%), Vitamin B1: 0.26mg (17.28%), Vitamin B3: 3mg (14.99%), Selenium: 10.33µg (14.76%), Phosphorus: 134.69mg (13.47%), Potassium: 469.41mg (13.41%), Folate: 51.19µg (12.8%), Vitamin B2: 0.2mg (12.05%), Magnesium: 45.37mg (11.34%), Vitamin E: 1.65mg (10.99%), Iron: 1.81mg (10.05%), Copper: 0.15mg (7.32%), Calcium: 68.34mg (6.83%), Zinc: 0.97mg (6.46%), Vitamin B5: 0.62mg (6.19%), Vitamin B12: 0.25µg (4.2%), Vitamin D: 0.46µg (3.06%)