



Daphne's Green Beans



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon chiles in adobo sauce
- ☐ 4 slices bacon
- ☐ 8 ounce canned tomatoes diced canned
- ☐ 1 chipotle pepper in adobo sauce minced
- ☐ 2 cloves garlic minced
- ☐ 1 pound green beans – fresh rinsed trimmed
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 1 tablespoon honey

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 onion diced
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 cup water

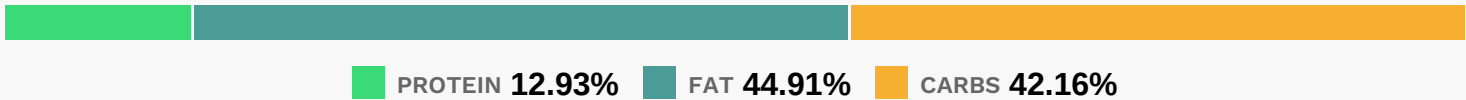
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook the bacon in a large skillet over medium heat until bacon is crisp, 6 to 8 minutes.
- ☐ Remove bacon to a plate lined with paper towels to drain. Reserve 1 tablespoon of the bacon fat from the skillet, discarding the rest. Return the reserved bacon fat to the skillet and heat. Cook and stir the onion, garlic, and chipotle pepper in the heated bacon fat until the garlic is fragrant, 1 to 2 minutes.
- ☐ Add the adobo sauce and tomatoes; cook another 2 minutes. Stir in the green beans, water, honey, seasoned salt, and pepper. Bring the mixture to a boil, cover the pan, lower the heat to medium-low, and simmer until the green beans are tender, 30 to 40 minutes.
- ☐ Crumble the bacon.
- ☐ Sprinkle the bacon pieces and lemon juice over the green beans.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.32, Glycemic Load:6.1, Inflammation Score:-7, Nutrition Score:13.034347946229%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.69mg,

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 176.9kcal (8.84%), Fat: 9.45g (14.54%), Saturated Fat: 3.05g (19.09%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 15.07g (5.48%), Sugar: 11.57g (12.85%), Cholesterol: 14.52mg (4.84%), Sodium: 734.29mg (31.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Vitamin K: 52.35µg (49.86%), Vitamin C: 23.54mg (28.53%), Manganese: 0.43mg (21.58%), Fiber: 4.89g (19.57%), Vitamin A: 917.64IU (18.35%), Vitamin B6: 0.34mg (17.2%), Potassium: 491.22mg (14.03%), Vitamin B1: 0.21mg (13.88%), Iron: 2.23mg (12.41%), Folate: 49.21µg (12.3%), Vitamin B3: 2.46mg (12.29%), Magnesium: 45.5mg (11.38%), Copper: 0.21mg (10.52%), Vitamin B2: 0.17mg (10.27%), Phosphorus: 100.88mg (10.09%), Vitamin E: 1.32mg (8.8%), Selenium: 5.82µg (8.32%), Calcium: 72.25mg (7.22%), Vitamin B5: 0.58mg (5.78%), Zinc: 0.75mg (4.99%), Vitamin B12: 0.11µg (1.83%)