



## Double-Bean Skillet

 Gluten Free

READY IN



25 min.

SERVINGS



16

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 slices oscar mayer bacon cut into 1-inch pieces
- 15 oz black beans rinsed canned
- 2 lb green beans fresh trimmed
- 0.3 cup parmesan cheese grated kraft
- 1 large onion red sliced cut in half, then

## Equipment

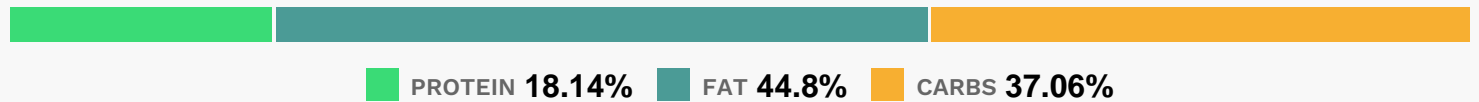
- frying pan
- paper towels

slotted spoon

## Directions

- Cook green beans in boiling water 5 min. or until crisp-tender.
- Meanwhile, cook bacon in large skillet 5 min. or until crisp, stirring occasionally.
- Remove bacon from skillet with slotted spoon, reserving 3 Tbsp. drippings in skillet.
- Drain bacon on paper towels.
- Add onions to drippings in skillet; cook and stir 2 min. Stir in green and black beans; cook 3 min. or until heated through, stirring occasionally.
- Transfer to platter; top with bacon and Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:4.56, Glycemic Load:1.26, Inflammation Score:-5, Nutrition Score:6.5826087296009%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

## Nutrients (% of daily need)

Calories: 96.96kcal (4.85%), Fat: 5.01g (7.71%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 5.85g (2.13%), Sugar: 2.14g (2.38%), Cholesterol: 8.62mg (2.87%), Sodium: 205.9mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.13%), Vitamin K: 24.43µg (23.27%), Fiber: 3.48g (13.93%), Vitamin C: 8.14mg (9.87%), Manganese: 0.2mg (9.79%), Folate: 36.32µg (9.08%), Vitamin A: 410.01IU (8.2%), Vitamin B1: 0.12mg (7.84%), Phosphorus: 77.99mg (7.8%), Potassium: 236.19mg (6.75%), Vitamin B6: 0.13mg (6.67%), Magnesium: 26.03mg (6.51%), Iron: 1.16mg (6.42%), Vitamin B2: 0.11mg (6.3%), Vitamin B3: 1.03mg (5.16%), Selenium: 3.48µg (4.97%), Copper: 0.1mg (4.9%), Calcium: 46.22mg (4.62%), Zinc: 0.49mg (3.26%), Vitamin B5: 0.25mg (2.51%), Vitamin E: 0.29mg (1.93%), Vitamin B12: 0.08µg (1.27%)