



Fancy Green Beans

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



125 kcal

SIDE DISH

Ingredients

- 2 slices bacon
- 0.5 cup bell pepper strips red
- 1 tablespoon butter
- 0.5 cup cashew pieces whole
- 1.5 pounds green beans fresh
- 1 tablespoon honey
- 1 tablespoon juice of lemon fresh
- 0.5 cup onion wedges thin

2 tablespoons teriyaki sauce

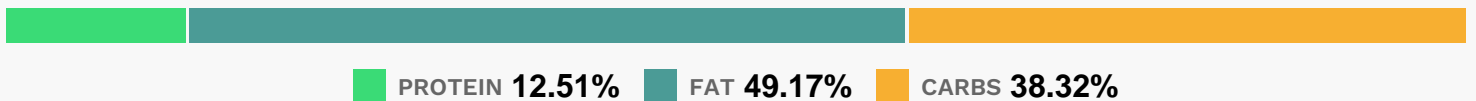
Equipment

- bowl
- frying pan
- pot
- colander

Directions

- In a small bowl, stir together the teriyaki sauce, honey, and butter.
- Fill a bowl with cold water and ice cubes.
- Bring a large pot of water to a boil and add the lemon juice. Drop in the beans and cook for 4 to 5 minutes, or until beans are bright green.
- Drain the beans in a colander and then plunge them into the iced water.
- Drain again and set aside.
- In a skillet, cook the bacon until very crispy, crumble and set aside.
- Saute the bell pepper and onion in the hot bacon fat for 2 minutes.
- Add the beans, cashews, and bacon to the skillet.
- Add the teriyaki-honey sauce and toss gently.

Nutrition Facts



Properties

Glycemic Index:29.06, Glycemic Load:3.67, Inflammation Score:-7, Nutrition Score:9.9947826823463%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.45mg, Kaempferol: 0.45mg

Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg
Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 125.25kcal (6.26%), Fat: 7.37g (11.34%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 9.98g (3.63%), Sugar: 6.9g (7.67%), Cholesterol: 7.39mg (2.46%), Sodium: 226.98mg (9.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Vitamin K: 39.94µg (38.04%), Vitamin C: 23.82mg (28.87%), Vitamin A: 924.49IU (18.49%), Manganese: 0.34mg (17.17%), Magnesium: 50.53mg (12.63%), Copper: 0.25mg (12.46%), Fiber: 2.94g (11.77%), Vitamin B6: 0.21mg (10.67%), Phosphorus: 100.98mg (10.1%), Folate: 37.11µg (9.28%), Iron: 1.59mg (8.82%), Vitamin B1: 0.13mg (8.7%), Potassium: 291.65mg (8.33%), Vitamin B2: 0.11mg (6.66%), Vitamin B3: 1.1mg (5.48%), Zinc: 0.79mg (5.25%), Selenium: 3.37µg (4.81%), Vitamin E: 0.64mg (4.25%), Calcium: 39.49mg (3.95%), Vitamin B5: 0.35mg (3.49%)