



## Fiance's Favorite Savory Green Beans

READY IN



40 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

### Ingredients

- 5 slices bacon chopped
- 2 tablespoons balsamic vinegar
- 1.5 pounds green beans fresh trimmed
- 3 cloves garlic minced
- 1 teaspoon pepper black
- 0.8 cup pizza cheese shredded italian
- 0.5 cup seasoned bread crumbs
- 0.5 onion chopped
- 1 teaspoon salt

0.5 cup water

## Equipment

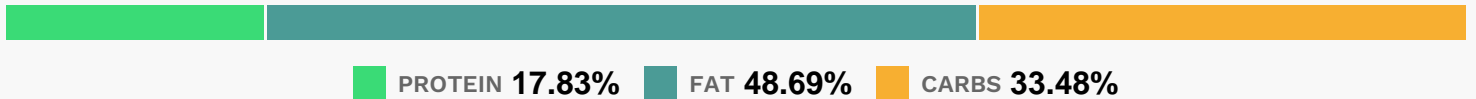
frying pan

## Directions

Cook and stir the bacon, onion, and garlic in a large skillet over medium heat until the bacon has just started to brown, about 8 minutes; mix in the balsamic vinegar, water, salt, black pepper, and green beans. Reduce heat to medium-low, and simmer the green beans until almost all the liquid has evaporated, about 10 minutes. Stir in the bread crumbs.

Remove the skillet from the heat, and sprinkle with Italian cheese blend. Adjust salt and black pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:30.83, Glycemic Load:3.05, Inflammation Score:-7, Nutrition Score:11.604347799135%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg, Quercetin: 4.98mg

## Nutrients (% of daily need)

Calories: 206.28kcal (10.31%), Fat: 11.6g (17.85%), Saturated Fat: 3.2g (20.02%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 14.13g (5.14%), Sugar: 5.47g (6.08%), Cholesterol: 15mg (5%), Sodium: 678.85mg (29.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.12%), Vitamin K: 53.97µg (51.4%), Manganese: 0.43mg (21.64%), Vitamin C: 15.25mg (18.49%), Vitamin B1: 0.25mg (16.48%), Vitamin A: 810.67IU (16.21%), Fiber: 3.82g (15.29%), Vitamin B6: 0.26mg (12.82%), Folate: 51.16µg (12.79%), Vitamin B3: 2.21mg (11.05%), Vitamin B2: 0.18mg (10.53%), Iron: 1.85mg (10.3%), Selenium: 7.11µg (10.16%), Calcium: 97.65mg (9.76%), Magnesium: 37.86mg (9.46%), Potassium: 328.55mg (9.39%), Phosphorus: 93.68mg (9.37%), Copper: 0.13mg (6.38%), Zinc: 0.68mg (4.5%), Vitamin B5: 0.44mg (4.44%), Vitamin E: 0.58mg (3.84%), Vitamin B12: 0.13µg (2.11%)