



## Garlicky Green Beans

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



135 kcal

SIDE DISH

### Ingredients

- 4 strips bacon pre-cooked
- 1 tablespoon butter
- 6 cloves garlic peeled thinly sliced
- 1 pound green beans frozen
- 1 tablespoon olive oil extra-virgin
- 4 servings salt and pepper
- 1 tablespoon water

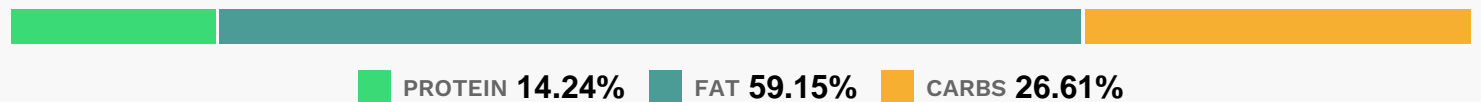
### Equipment

- bowl
- frying pan
- plastic wrap
- microwave

## Directions

- In a microwave safe bowl, add green beans and 1 tablespoon water. Cover with plastic wrap and cook on high setting for 6 to 8 minutes or until crisp-tender.
- While green beans are cooking; in a large frying pan, heat the butter, oil, sliced garlic, and chopped bacon gently over medium heat. NOTE: Do not let garlic burn - a light golden brown is as dark as garlic should get.
- Drain any liquid from the green beans and add to frying pan. Toss to coat beans and season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:31.5, Glycemic Load:2.65, Inflammation Score:-7, Nutrition Score:9.9673913231362%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

## Nutrients (% of daily need)

Calories: 135.33kcal (6.77%), Fat: 9.42g (14.49%), Saturated Fat: 3.3g (20.64%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 6.38g (2.32%), Sugar: 3.74g (4.16%), Cholesterol: 15.44mg (5.15%), Sodium: 358.52mg (15.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.21%), Vitamin K: 51.19µg (48.75%), Vitamin C: 15.24mg (18.47%), Vitamin A: 873.28IU (17.47%), Manganese: 0.32mg (16.12%), Vitamin B6: 0.26mg (12.93%), Fiber: 3.16g (12.62%), Vitamin B1: 0.15mg (9.8%), Folate: 37.66µg (9.42%), Vitamin B3: 1.71mg (8.53%), Potassium: 298.15mg (8.52%), Vitamin B2: 0.14mg (8.39%), Phosphorus: 81.86mg (8.19%), Magnesium: 32.07mg (8.02%), Selenium: 5.41µg (7.73%), Iron: 1.34mg (7.46%), Vitamin E: 1.09mg (7.25%), Calcium: 52.09mg (5.21%), Copper: 0.1mg (5.04%), Zinc: 0.57mg (3.82%), Vitamin B5: 0.38mg (3.75%), Vitamin B12: 0.09µg (1.55%)