



Green Bean, Bacon & Shallot Sauté

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp butter
- 1 lb green beans fresh trimmed
- 0.5 cup shallots finely chopped
- 4 slices oscar mayer selects uncured turkey bacon cut into 1-inch pieces

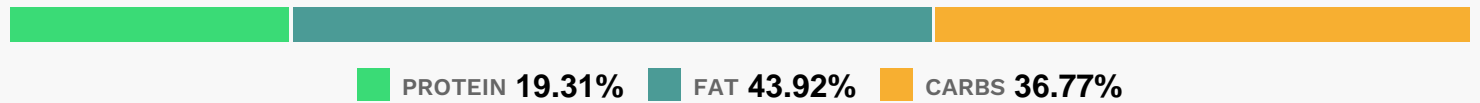
Equipment

- frying pan

Directions

- Cook bacon in large skillet on medium-high heat 5 min. or until lightly browned, stirring occasionally.
- Remove from skillet; set aside.
- Add butter to skillet; cook on medium heat until melted. Stir in shallots; cook and stir 2 to 3 min. or until lightly browned, stirring occasionally.
- Stir in beans and bacon; cook 2 to 3 min. until heated through, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:5.04, Glycemic Load:0.55, Inflammation Score:-2, Nutrition Score:1.7130434783581%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 21.66kcal (1.08%), Fat: 1.13g (1.74%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.96g (1.07%), Cholesterol: 3.42mg (1.14%), Sodium: 56.49mg (2.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin K: 8.04µg (7.66%), Vitamin C: 2.59mg (3.14%), Vitamin A: 139.58IU (2.79%), Manganese: 0.05mg (2.65%), Fiber: 0.64g (2.57%), Vitamin B6: 0.05mg (2.45%), Phosphorus: 20.17mg (2.02%), Folate: 7.81µg (1.95%), Potassium: 63.07mg (1.8%), Iron: 0.29mg (1.62%), Magnesium: 6.19mg (1.55%), Vitamin B2: 0.03mg (1.49%), Vitamin B1: 0.02mg (1.27%), Vitamin B3: 0.22mg (1.11%), Selenium: 0.75µg (1.07%)