



Green Bean Salad with Bacon

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients

- 3 slices bacon
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon dijon mustard
- 2 pounds green beans trimmed
- 1 tablespoon honey
- 0.3 teaspoon kosher salt
- 0.3 cup red wine vinegar
- 2 tablespoons shallots finely chopped

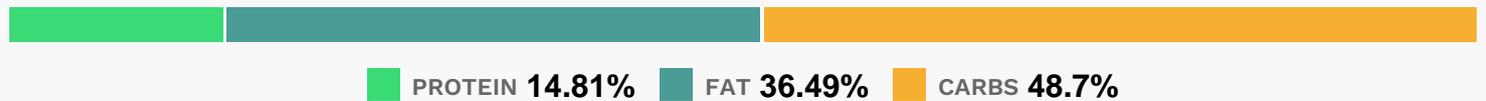
Equipment

- bowl
- frying pan
- whisk

Directions

- Cook beans in boiling water 5 minutes.
- Drain and plunge beans into ice water; drain.
- Place beans in a large bowl.
- Cook bacon in a large nonstick skillet over medium heat until crisp.
- Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon; set aside.
- Add shallots to drippings in pan; cook 1 1/2 minutes, stirring frequently.
- Add vinegar; cook 30 seconds, scraping pan to loosen browned bits.
- Drizzle mixture over beans.
- Combine honey, mustard, pepper, and salt, stirring with a whisk.
- Pour over green bean mixture; toss to coat.
- Sprinkle with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:32.05, Glycemic Load:4.64, Inflammation Score:-7, Nutrition Score:11.583478397649%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 109.62kcal (5.48%), Fat: 4.79g (7.37%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 10.04g (3.65%), Sugar: 8.1g (9%), Cholesterol: 7.26mg (2.42%), Sodium: 207.66mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.75%), Vitamin K: 65.35µg (62.24%), Vitamin C: 18.79mg (22.78%), Vitamin A: 1050.15IU (21%), Manganese: 0.38mg (18.84%), Fiber: 4.35g (17.38%), Vitamin B6: 0.26mg (12.85%), Folate: 51.3µg (12.83%), Vitamin B1: 0.16mg (10.75%), Magnesium: 41.78mg (10.44%), Potassium: 363.63mg (10.39%), Vitamin B2: 0.17mg (10.01%), Iron: 1.76mg (9.77%), Phosphorus: 79.19mg (7.92%), Vitamin B3: 1.58mg (7.9%), Calcium: 60.91mg (6.09%), Copper: 0.12mg (5.91%), Selenium: 4.04µg (5.78%), Vitamin E: 0.68mg (4.53%), Vitamin B5: 0.42mg (4.23%), Zinc: 0.53mg (3.57%)