



Green Beans

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



338 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound bacon
- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup butter melted
- ☐ 0.5 teaspoon garlic powder
- ☐ 29 ounce green beans drained canned

Equipment

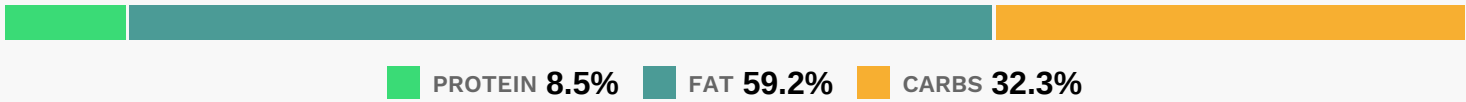
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Put green beans in a baking dish.
- ☐ Mix butter, brown sugar, and garlic powder together in a bowl; pour over green beans. Arrange bacon strips atop the beans.
- ☐ Bake in preheated oven until the bacon is cooked and the green beans are tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:2.7, Inflammation Score:-7, Nutrition Score:12.400000126466%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 338.41kcal (16.92%), Fat: 22.98g (35.35%), Saturated Fat: 9.96g (62.23%), Carbohydrates: 28.21g (9.4%), Net Carbohydrates: 24.48g (8.9%), Sugar: 22.26g (24.74%), Cholesterol: 45.28mg (15.09%), Sodium: 324.55mg (14.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.84%), Vitamin K: 59.58µg (56.75%), Vitamin A: 1195.81IU (23.92%), Vitamin C: 16.72mg (20.27%), Manganese: 0.31mg (15.72%), Vitamin B6: 0.31mg (15.28%), Fiber: 3.72g (14.89%), Vitamin B1: 0.22mg (14.55%), Vitamin B3: 2.55mg (12.76%), Selenium: 8.79µg (12.56%), Folate: 45.8µg (11.45%), Potassium: 393.6mg (11.25%), Phosphorus: 110.54mg (11.05%), Vitamin B2: 0.18mg (10.39%), Magnesium: 40.82mg (10.21%), Iron: 1.71mg (9.51%), Calcium: 70.27mg (7.03%), Vitamin E: 0.95mg (6.3%), Copper: 0.12mg (6.02%), Vitamin B5: 0.55mg (5.55%), Zinc: 0.8mg (5.31%), Vitamin B12: 0.21µg (3.42%), Vitamin D: 0.15µg (1.01%)