



Green Beans and Bacon

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



211 kcal

SIDE DISH

Ingredients

- 0.5 pound bacon roughly chopped
- 3 cloves garlic minced
- 2.5 pounds green beans trimmed
- 0.5 juice of lemon
- 8 servings kosher salt
- 0.5 cup pecans toasted chopped
- 8 servings pepper freshly ground
- 1 teaspoon pepper flakes red

- 1 small onion yellow finely chopped

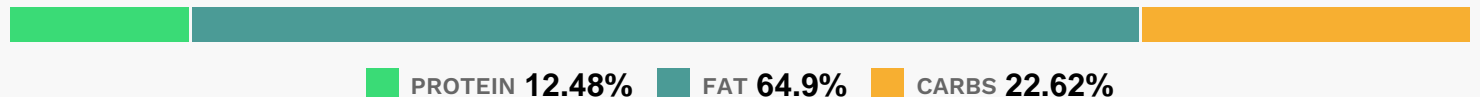
Equipment

- bowl
- frying pan
- paper towels
- pot

Directions

- Toss the green beans into a large pot of boiling salted water and cook until bright green in color and crisp-tender, about 5 minutes.
- Drain the beans and shock in a large bowl of ice water to stop the cooking.
- Drain the beans again and pat dry.
- Cook the bacon in a large, heavy saute pan until crisp, about 5 minutes.
- Remove the bacon to a paper towel-lined plate to drain. Spoon off the excess bacon grease, leaving 2 tablespoons in the pan.
- Add the onion to the pan and saute until soft and very tender, 4 to 5 minutes.
- Sprinkle in the garlic and red pepper flakes and saute until just fragrant, about 1 more minute.
- Add the reserved green beans and the pecans and cook until heated through, 5 to 6 minutes more. Return the bacon to the pan, pour in the lemon juice and toss. Season with salt and pepper.
- Photograph by David Malosh

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:3.11, Inflammation Score:-7, Nutrition Score:13.644782584646%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 211.46kcal (10.57%), Fat: 16.08g (24.73%), Saturated Fat: 4.24g (26.47%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 7.9g (2.87%), Sugar: 5.31g (5.91%), Cholesterol: 18.71mg (6.24%), Sodium: 394.65mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.91%), Vitamin K: 61.65µg (58.71%), Manganese: 0.64mg (31.78%), Vitamin C: 19.09mg (23.14%), Vitamin A: 1067.07IU (21.34%), Fiber: 4.71g (18.85%), Vitamin B1: 0.24mg (16.18%), Vitamin B6: 0.32mg (15.96%), Folate: 50.3µg (12.57%), Magnesium: 48.14mg (12.04%), Phosphorus: 117.14mg (11.71%), Potassium: 406.05mg (11.6%), Vitamin B3: 2.3mg (11.51%), Vitamin B2: 0.18mg (10.87%), Iron: 1.83mg (10.15%), Selenium: 7.05µg (10.07%), Copper: 0.19mg (9.75%), Zinc: 1mg (6.64%), Calcium: 63.74mg (6.37%), Vitamin E: 0.89mg (5.94%), Vitamin B5: 0.55mg (5.53%), Vitamin B12: 0.14µg (2.36%)