



## Green Beans and Tomatoes

 **Gluten Free**  **Dairy Free**

READY IN



**80 min.**

SERVINGS



**10**

CALORIES



**135 kcal**

**SIDE DISH**

### Ingredients

- 8 slices bacon thick cut cut into 1-inch pieces (regular, not )
- 43.5 ounce tomatoes whole with juice canned
- 10 servings cayenne pepper
- 2 pounds green beans fresh trimmed
- 1 large onion chopped
- 10 servings salt and pepper black

### Equipment

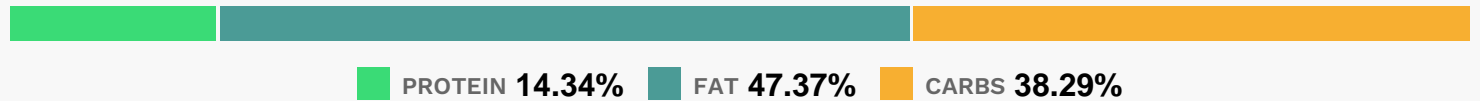
- frying pan

- pot
- dutch oven

## Directions

- Watch how to make this recipe.
- Add the bacon to a large Dutch oven and cook over medium heat until light golden (not crisp).
- Drain off the excess fat, and then add the onions. Cook until the bacon and onions are golden brown.
- Add the green beans and tomatoes to the pan.
- Sprinkle in salt, black pepper and cayenne pepper to taste. Stir gently to combine, and then and cover the pot and reduce the heat to low. Simmer for 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:10.5, Glycemic Load:2.28, Inflammation Score:-8, Nutrition Score:13.123912913644%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

## Nutrients (% of daily need)

Calories: 134.84kcal (6.74%), Fat: 7.71g (11.85%), Saturated Fat: 2.48g (15.49%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 9.53g (3.47%), Sugar: 6.74g (7.48%), Cholesterol: 11.62mg (3.87%), Sodium: 493.29mg (21.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.5%), Vitamin K: 44.25µg (42.14%), Vitamin A: 1609.25IU (32.19%), Vitamin C: 25.17mg (30.51%), Vitamin B6: 0.38mg (18.93%), Fiber: 4.48g (17.93%), Manganese: 0.35mg (17.63%), Potassium: 520.33mg (14.87%), Iron: 2.39mg (13.29%), Vitamin B1: 0.19mg (12.79%), Vitamin E: 1.89mg (12.57%), Vitamin B3: 2.44mg (12.22%), Vitamin B2: 0.2mg (11.7%), Folate: 44.77µg (11.19%), Magnesium: 42.9mg (10.73%), Phosphorus: 93.46mg (9.35%), Copper: 0.17mg (8.43%), Calcium: 79.21mg (7.92%), Selenium: 4.46µg (6.37%), Vitamin B5: 0.47mg (4.66%), Zinc: 0.67mg (4.49%), Vitamin B12: 0.09µg (1.47%)