



Green Beans, Carrots, and More

 **Gluten Free**

READY IN



40 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon agave syrup light
- ☐ 1.5 tablespoons butter
- ☐ 1 cup carrots sliced
- ☐ 2 slices bacon crumbled cooked
- ☐ 1 inch ginger fresh minced
- ☐ 1 cup pieces fresh-cut green bean
- ☐ 4 green onions minced
- ☐ 2 tablespoons ground almonds

- ☐ 1 cup rib kale without thinly sliced
- ☐ 4 servings salt to taste

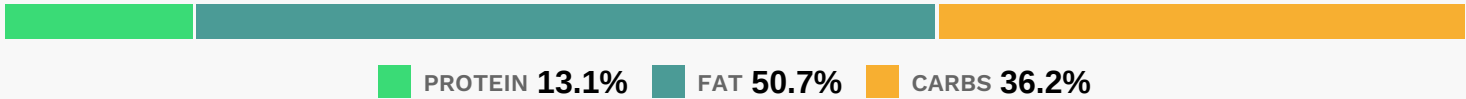
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Put green beans and carrots in a saucepan with enough water to cover. Bring water to a boil and cook until tender, about 15 minutes; drain and transfer to a large bowl.
- ☐ Melt butter in a skillet over medium heat. Cook and stir green onions and ginger in hot butter until tender, about 10 minutes.
- ☐ Stir kale, bacon, almonds, and agave into the onion mixture and remove skillet from heat; add to green beans and carrots. Season green bean mixture with salt and stir.

Nutrition Facts



Properties

Glycemic Index:59.21, Glycemic Load:2.44, Inflammation Score:-10, Nutrition Score:20.116956388821%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 13.96mg, Isorhamnetin: 13.96mg, Isorhamnetin: 13.96mg, Isorhamnetin: 13.96mg Kaempferol: 28.04mg, Kaempferol: 28.04mg, Kaempferol: 28.04mg, Kaempferol: 28.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.45mg, Quercetin: 15.45mg, Quercetin: 15.45mg, Quercetin: 15.45mg

Nutrients (% of daily need)

Calories: 140kcal (7%), Fat: 8.47g (13.03%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 8.82g (3.21%), Sugar: 6.89g (7.66%), Cholesterol: 15.25mg (5.08%), Sodium: 352.18mg (15.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Vitamin K: 273.11µg (260.11%), Vitamin A: 11696.77IU (233.94%), Vitamin C: 63.72mg (77.24%), Manganese: 0.52mg (25.99%), Fiber: 4.79g (19.17%), Calcium: 189.11mg (18.91%), Vitamin B2: 0.28mg (16.61%), Folate: 61.43µg (15.36%), Potassium: 428.11mg (12.23%), Vitamin B6:

0.21mg (10.69%), Vitamin B1: 0.15mg (9.77%), Iron: 1.69mg (9.4%), Vitamin B3: 1.75mg (8.74%), Magnesium: 34.79mg (8.7%), Phosphorus: 76.05mg (7.6%), Vitamin E: 0.97mg (6.5%), Selenium: 2.98µg (4.26%), Copper: 0.08mg (4.17%), Zinc: 0.55mg (3.7%), Vitamin B5: 0.27mg (2.66%)