



## Green Beans with Almonds

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



75 kcal

SIDE DISH

### Ingredients

- 0.3 cup almonds sliced
- 2 slices bacon
- 2 pounds green beans fresh washed and trimmed

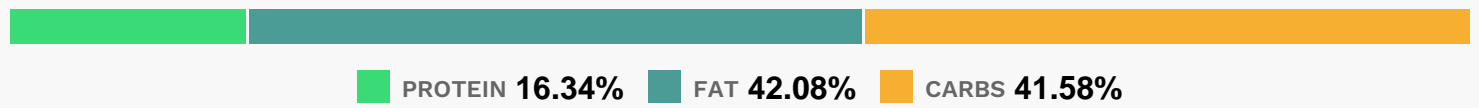
### Equipment

- bowl
- pot

## Directions

- Remove both ends of beans, break in half, and wash thoroughly.
- Place in a large pot and add water 3 to 4 inches from the top.
- Add bacon and cook until tender.
- Remove bacon from cooking water and discard.
- Remove beans and place in a large bowl, add almonds and toss.
- Serve Hot.

## Nutrition Facts



## Properties

Glycemic Index:7, Glycemic Load:2.25, Inflammation Score:-6, Nutrition Score:9.0313043127889%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

## Nutrients (% of daily need)

Calories: 74.73kcal (3.74%), Fat: 3.87g (5.95%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 5.17g (1.88%), Sugar: 3.82g (4.25%), Cholesterol: 3.63mg (1.21%), Sodium: 43.24mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.76%), Vitamin K: 48.76µg (46.44%), Vitamin C: 13.83mg (16.77%), Vitamin A: 784.51IU (15.69%), Manganese: 0.31mg (15.56%), Fiber: 3.42g (13.68%), Folate: 38.69µg (9.67%), Magnesium: 36.77mg (9.19%), Vitamin B2: 0.16mg (9.13%), Vitamin B6: 0.18mg (8.92%), Vitamin E: 1.22mg (8.16%), Potassium: 271.23mg (7.75%), Vitamin B1: 0.11mg (7.6%), Iron: 1.3mg (7.21%), Phosphorus: 64.84mg (6.48%), Vitamin B3: 1.16mg (5.79%), Copper: 0.11mg (5.51%), Calcium: 49.97mg (5%), Vitamin B5: 0.3mg (2.99%), Zinc: 0.43mg (2.85%), Selenium: 1.9µg (2.72%)