



Green Beans with Bacon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 pounds green beans trimmed
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shallots chopped

Equipment

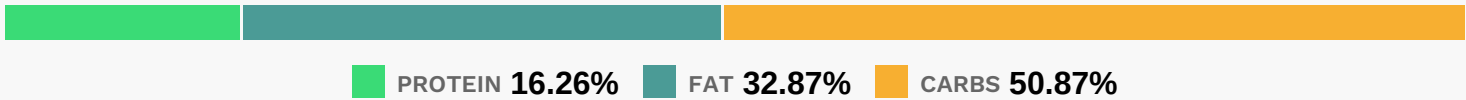
- ☐ frying pan

☐ dutch oven

Directions

- ☐ Cook green beans in boiling water for 5 minutes or until crisp-tender.
- ☐ Drain and plunge beans into ice water; drain.
- ☐ Cook bacon in a Dutch oven over medium heat until crisp.
- ☐ Remove bacon from pan; crumble.
- ☐ Add shallots to drippings in pan; saut 4 minutes or until tender.
- ☐ Add beans, juice, salt, and pepper to pan; toss to combine. Cook 5 minutes or until thoroughly heated, stirring often.
- ☐ Remove from heat.
- ☐ Sprinkle bacon over bean mixture; toss.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:2.26, Inflammation Score:-6, Nutrition Score:7.3539130324903%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 59.52kcal (2.98%), Fat: 2.4g (3.7%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 5.49g (2%), Sugar: 3.87g (4.3%), Cholesterol: 3.63mg (1.21%), Sodium: 91.72mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Vitamin K: 40.78µg (38.84%), Vitamin C: 12.48mg (15.13%), Vitamin A: 654.72IU (13.09%), Manganese: 0.24mg (11.95%), Fiber: 2.88g (11.51%), Vitamin B6: 0.18mg (9.11%), Folate: 34.63µg (8.66%), Potassium: 244.2mg (6.98%), Magnesium: 26.45mg (6.61%), Vitamin B1: 0.1mg (6.58%), Iron: 1.12mg (6.22%), Vitamin B2: 0.1mg (6.17%), Phosphorus: 49.84mg (4.98%), Vitamin B3: 0.94mg (4.68%), Calcium: 39.13mg (3.91%), Copper: 0.08mg (3.84%), Vitamin E: 0.42mg (2.77%), Vitamin B5: 0.27mg (2.73%), Selenium: 1.79µg (2.56%), Zinc: 0.33mg (2.21%)