



## Green Beans with Bacon



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

## Ingredients

- ☐ 1 pound green beans fresh snipped cut in half if you want
- ☐ 4 servings salt
- ☐ 2 slices bacon
- ☐ 4 servings bell pepper black
- ☐ 1 Tbsp red wine vinegar

## Equipment

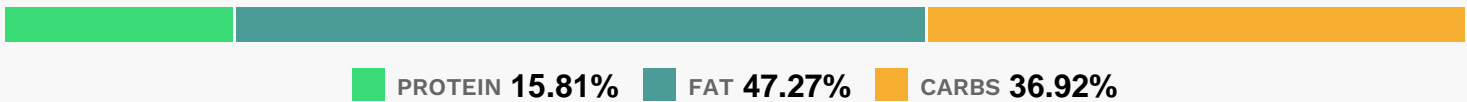
- ☐ bowl
- ☐ frying pan

- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

## Directions

- ☐ Heat a pot of salted water to a rolling boil (1 Tbsp salt for 2 quarts of water).
- ☐ Add the green beans and boil them for 4–5 minutes, until just tender enough to eat (you may have to cook longer depending on the particular green beans you have).
- ☐ Drain and set aside.
- ☐ Cook the bacon: While the water is heating up to boil the beans, slowly cook the bacon until crispy in a large sauté pan set over medium–low heat.
- ☐ Use a slotted spoon or a fork to remove the bacon from the pan. Set the bacon on paper towels to sop up the excess fat.
- ☐ You should have about one tablespoon of fat left in the pan.
- ☐ Pour off any fat beyond 1 tablespoon. (Do not pour the fat down the drain or you'll stop up your drain.) If you have much less fat than a tablespoon left in the pan, add a little olive oil or butter to the pan.
- ☐ Sauté the green beans in the bacon fat: Once the green beans are cooked, sauté them over medium–high heat for 1–2 minutes in the bacon fat.
- ☐ Dice the bacon and add to the pan and sauté another minute.
- ☐ Put the beans and bacon into a large serving bowl and sprinkle generously with freshly ground black pepper. Toss with lemon juice or vinegar and serve at once.

## Nutrition Facts



## Properties

Glycemic Index:19.5, Glycemic Load:2.24, Inflammation Score:-6, Nutrition Score:8.545652139446%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin:

0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 81.98kcal (4.1%), Fat: 4.62g (7.11%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 5.03g (1.83%), Sugar: 3.7g (4.11%), Cholesterol: 7.26mg (2.42%), Sodium: 273.73mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Vitamin K: 48.92µg (46.6%), Vitamin C: 13.85mg (16.79%), Vitamin A: 787.06IU (15.74%), Manganese: 0.26mg (13.06%), Fiber: 3.09g (12.35%), Vitamin B6: 0.19mg (9.47%), Folate: 37.44µg (9.36%), Vitamin B1: 0.12mg (8.23%), Potassium: 263.87mg (7.54%), Magnesium: 29.99mg (7.5%), Vitamin B2: 0.13mg (7.47%), Iron: 1.24mg (6.9%), Vitamin B3: 1.28mg (6.38%), Phosphorus: 59.39mg (5.94%), Calcium: 43.29mg (4.33%), Copper: 0.08mg (4.24%), Selenium: 2.9µg (4.14%), Vitamin E: 0.51mg (3.42%), Vitamin B5: 0.32mg (3.18%), Zinc: 0.4mg (2.7%)