



Green Beans With Bacon



Gluten Free



Dairy Free

READY IN



31 min.

SERVINGS



6

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 3 slices bacon reduced-fat
- ☐ 2 tablespoons dijon mustard
- ☐ 1 cup chicken broth fat-free low-sodium
- ☐ 24 oz green beans frozen thawed
- ☐ 6 servings salt and pepper to taste
- ☐ 1 cup onion sweet chopped

Equipment

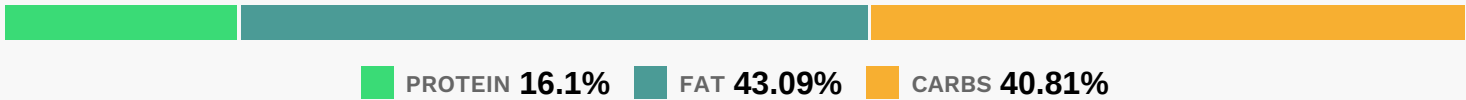
- ☐ frying pan

☐ paper towels

Directions

- ☐ Cook bacon in a large nonstick skillet over medium-high heat 6 to 8 minutes or until crisp; remove bacon, and drain on paper towels, reserving 2 tsp. drippings in skillet. Crumble bacon.
- ☐ Saut onion in hot drippings in skillet over medium-high heat 2 to 3 minutes or until golden.
- ☐ Add green beans, broth, and mustard, tossing to coat. Reduce heat to medium; cover and cook 5 minutes. Uncover and cook, stirring occasionally, 3 to 5 more minutes or until liquid thickens and is reduced by half.
- ☐ Add salt and pepper to taste. Top with crumbled bacon.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:2.24, Inflammation Score:-7, Nutrition Score:9.6956522063069%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

Nutrients (% of daily need)

Calories: 94.12kcal (4.71%), Fat: 4.87g (7.49%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 6.86g (2.49%), Sugar: 5.16g (5.74%), Cholesterol: 7.26mg (2.42%), Sodium: 485.29mg (21.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Vitamin K: 48.92µg (46.59%), Vitamin C: 15.13mg (18.34%), Vitamin A: 790.33IU (15.81%), Manganese: 0.29mg (14.6%), Fiber: 3.52g (14.07%), Vitamin B6: 0.23mg (11.63%), Folate: 44.28µg (11.07%), Vitamin B1: 0.15mg (9.76%), Potassium: 311.67mg (8.9%), Magnesium: 34.85mg (8.71%), Vitamin B2: 0.14mg (8.44%), Selenium: 5.56µg (7.94%), Iron: 1.42mg (7.87%), Vitamin B3: 1.55mg (7.75%), Phosphorus: 75.69mg (7.57%), Copper: 0.11mg (5.44%), Calcium: 52.62mg (5.26%), Vitamin B5: 0.4mg (4.03%), Vitamin E: 0.54mg (3.57%), Zinc: 0.48mg (3.18%), Vitamin B12: 0.13µg (2.18%)