



Green Beans With Bacon and Shallots

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



130 kcal

SIDE DISH

Ingredients

- 8 slices bacon chopped
- 1 tablespoon butter
- 2.5 pounds green beans fresh trimmed
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 0.7 cup shallots finely chopped (4 large)

Equipment

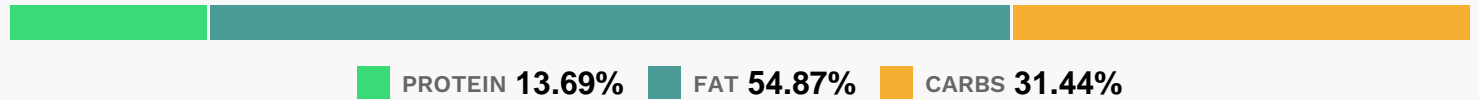
- frying pan

paper towels

Directions

- Cook beans in boiling salted water 9 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain.
- Cook chopped bacon in a large skillet until crisp; remove bacon, and drain on paper towels, reserving 1 Tbsp. drippings in skillet.
- Add 1 Tbsp. butter to hot drippings in skillet over medium heat; add chopped shallots, and saut 4 minutes or until tender.
- Add beans; saut 6 minutes or until thoroughly heated.
- Sprinkle evenly with salt, pepper, and bacon.

Nutrition Facts



Properties

Glycemic Index:15.8, Glycemic Load:2.88, Inflammation Score:-7, Nutrition Score:9.7365216573943%

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: 130.07kcal (6.5%), Fat: 8.39g (12.9%), Saturated Fat: 3.12g (19.5%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 7.23g (2.63%), Sugar: 4.94g (5.49%), Cholesterol: 14.63mg (4.88%), Sodium: 250.49mg (10.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Vitamin K: 49.07µg (46.73%), Vitamin C: 15.1mg (18.3%), Vitamin A: 824.85IU (16.5%), Manganese: 0.3mg (14.98%), Fiber: 3.58g (14.32%), Vitamin B6: 0.26mg (13.07%), Folate: 42.83µg (10.71%), Vitamin B1: 0.15mg (10.08%), Potassium: 327.82mg (9.37%), Magnesium: 33.89mg (8.47%), Vitamin B2: 0.14mg (7.99%), Iron: 1.44mg (7.98%), Vitamin B3: 1.57mg (7.86%), Phosphorus: 78.31mg (7.83%), Selenium: 4.42µg (6.32%), Copper: 0.1mg (5.01%), Calcium: 49.3mg (4.93%), Vitamin B5: 0.4mg (4.01%), Vitamin E: 0.58mg (3.87%), Zinc: 0.55mg (3.63%), Vitamin B12: 0.09µg (1.51%)