



Green Beans with Bacon and Shallots



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 8 bacon thinly sliced
- ☐ 3 tablespoons butter
- ☐ 2.5 pounds green beans trimmed cut into 2-inch pieces
- ☐ 0.7 cup shallots finely chopped (4 large)

Equipment

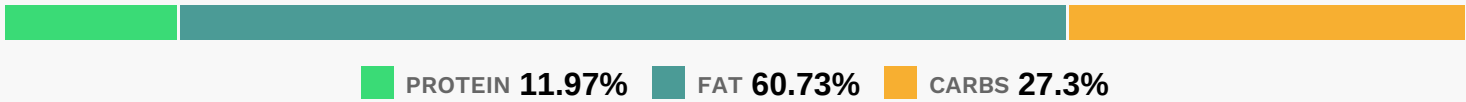
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

- ☐ pot
- ☐ ziploc bags

Directions

- ☐ Cook beans in large pot of boiling salted water until crisp-tender, about 4 minutes.
- ☐ Drain. Rinse under cold water.
- ☐ Drain well. Pat dry with paper towels. (Can be prepared 6 hours ahead. Wrap in paper towels; enclose in resealable plastic bag and refrigerate.)
- ☐ Cook bacon in heavy large skillet over medium heat until crisp.
- ☐ Transfer to paper towels and drain. Discard all but 3 tablespoons bacon fat in skillet.
- ☐ Add butter to skillet and melt over medium heat.
- ☐ Add shallots and sauté until tender and golden, about 4 minutes.
- ☐ Add beans and sauté until heated through, about 6 minutes.
- ☐ Add bacon to skillet and toss to blend. Season to taste with salt and pepper.
- ☐ Transfer to bowl and serve.

Nutrition Facts



Properties

Glycemic Index:12.6, Glycemic Load:2.87, Inflammation Score:-7, Nutrition Score:9.8152173433615%

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: 150.02kcal (7.5%), Fat: 10.66g (16.4%), Saturated Fat: 4.56g (28.49%), Carbohydrates: 10.78g (3.59%), Net Carbohydrates: 7.22g (2.62%), Sugar: 4.94g (5.49%), Cholesterol: 20.65mg (6.88%), Sodium: 152.21mg (6.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.45%), Vitamin K: 49.18µg (46.84%), Vitamin C: 15.1mg (18.3%), Vitamin A: 894.55IU (17.89%), Manganese: 0.29mg (14.65%), Fiber: 3.57g (14.27%), Vitamin B6: 0.26mg (13.06%), Folate: 42.91µg (10.73%), Vitamin B1: 0.15mg (10.08%), Potassium: 327.81mg (9.37%), Magnesium:

33.86mg (8.46%), Vitamin B2: 0.14mg (8.05%), Iron: 1.43mg (7.95%), Phosphorus: 78.91mg (7.89%), Vitamin B3: 1.57mg (7.87%), Selenium: 4.45µg (6.36%), Copper: 0.1mg (4.98%), Calcium: 49.68mg (4.97%), Vitamin E: 0.64mg (4.3%), Vitamin B5: 0.4mg (4.03%), Zinc: 0.55mg (3.64%), Vitamin B12: 0.1µg (1.59%)