



WHATSheATE



Green Beans with Bacon-Balsamic Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons almonds coarsely chopped
- ☐ 2 slices bacon
- ☐ 2 tablespoons brown sugar
- ☐ 2 pounds green beans
- ☐ 0.3 cup shallots minced
- ☐ 0.3 cup balsamic vinegar white

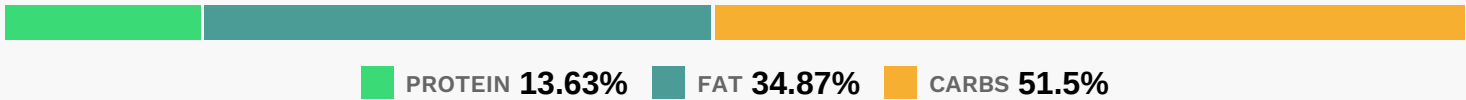
Equipment

- ☐ frying pan

Directions

- ☐ Cook green beans in boiling water for 2 minutes.
- ☐ Drain and rinse under cold water.
- ☐ Drain well; set aside.
- ☐ Cook bacon in a small skillet over medium-high heat until crisp.
- ☐ Remove bacon from skillet. Crumble; set aside.
- ☐ Add shallots to bacon fat in skillet; saut 1 minute.
- ☐ Add almonds; saut 1 minute.
- ☐ Remove and let cool.
- ☐ Add sugar and vinegar; stir until sugar dissolves.
- ☐ Add crumbled bacon.
- ☐ Pour vinaigrette over beans, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:3.24, Inflammation Score:-7, Nutrition Score:9.7891304026479%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 103.54kcal (5.18%), Fat: 4.31g (6.63%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 10.56g (3.84%), Sugar: 8.54g (9.49%), Cholesterol: 3.63mg (1.21%), Sodium: 46.81mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin K: 48.82µg (46.5%), Manganese: 0.37mg

(18.26%), Vitamin C: 14.43mg (17.49%), Vitamin A: 784.82IU (15.7%), Fiber: 3.77g (15.07%), Magnesium: 41.91mg (10.48%), Folate: 41.62µg (10.4%), Vitamin B6: 0.21mg (10.32%), Vitamin B2: 0.17mg (9.8%), Vitamin E: 1.45mg (9.68%), Potassium: 315.26mg (9.01%), Iron: 1.5mg (8.32%), Vitamin B1: 0.12mg (8.02%), Phosphorus: 75.12mg (7.51%), Copper: 0.13mg (6.46%), Vitamin B3: 1.21mg (6.04%), Calcium: 59.7mg (5.97%), Vitamin B5: 0.33mg (3.29%), Zinc: 0.49mg (3.27%), Selenium: 2.06µg (2.95%)