



Green Beans with Cheese and Bacon

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

Ingredients

- 3 slices bacon diced
- 3 cups green beans trimmed
- 6 green onions chopped
- 0.3 cup mayonnaise
- 1 pinch salt and pepper to taste
- 0.5 cup sharp cheddar cheese shredded
- 0.3 cup cup heavy whipping cream sour

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 2 1/2-quart baking dish with a lid.
- Place the green beans in a large pan with water to cover; bring to a boil and cook only until the beans are hot and bright green, about 1 minute.
- Drain.
- Transfer to a large bowl.
- Cook the bacon in a large, deep skillet over medium-high heat, stirring occasionally, until evenly browned and crisp, about 10 minutes.
- Pour off all but 1 tablespoon of the drippings. Return to the heat and add the green onions; cook until the onions have softened, about 2 minutes.
- Add the bacon mixture, Cheddar cheese, sour cream, mayonnaise, salt, and pepper to the green beans; stir.
- Spread the mixture into the prepared baking dish; cover with the lid.
- Bake in the preheated oven until the casserole is bubbling and the beans are tender, about 20 minutes.

Nutrition Facts

PROTEIN 10.7% **FAT 77.66%** **CARBS 11.64%**

Properties

Glycemic Index:25.83, Glycemic Load:1.35, Inflammation Score:-5, Nutrition Score:8.456087011358%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 187.62kcal (9.38%), Fat: 16.55g (25.46%), Saturated Fat: 5.36g (33.51%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 3.78g (1.38%), Sugar: 2.48g (2.76%), Cholesterol: 26.25mg (8.75%), Sodium: 208.32mg (9.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Vitamin K: 64.07µg (61.02%), Vitamin A: 663.34IU (13.27%), Vitamin C: 9.05mg (10.97%), Calcium: 106.55mg (10.65%), Phosphorus: 93.55mg (9.36%), Selenium: 5.85µg (8.35%), Vitamin B2: 0.14mg (7.95%), Folate: 28.85µg (7.21%), Fiber: 1.8g (7.19%), Manganese: 0.14mg (7.09%), Vitamin B6: 0.13mg (6.27%), Vitamin B1: 0.09mg (5.84%), Potassium: 192.05mg (5.49%), Magnesium: 21.06mg (5.27%), Vitamin E: 0.75mg (5.01%), Zinc: 0.7mg (4.67%), Iron: 0.83mg (4.61%), Vitamin B3: 0.92mg (4.61%), Vitamin B12: 0.19µg (3.1%), Copper: 0.06mg (2.96%), Vitamin B5: 0.28mg (2.81%)