



Green Beans with Roquefort Cheese and Walnuts

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon thick cut into 1/4-inch pieces
- ☐ 1 pound green beans fresh trimmed
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 4 ounces roquefort cheese crumbled
- ☐ 0.3 teaspoon salt
- ☐ 1 cup walnuts toasted

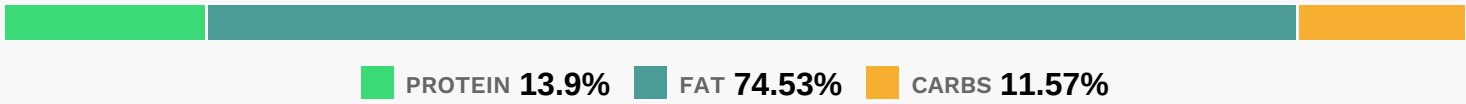
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Place green beans in boiling water to cover in a large saucepan, and simmer 3 minutes or until crisp-tender.
- ☐ Drain; rinse with cold water and drain. Set aside.
- ☐ Cook bacon pieces in a large skillet over medium heat 5 to 7 minutes or until crisp; remove bacon with a slotted spoon, and drain on paper towels, reserving drippings in skillet.
- ☐ Saut green beans in hot drippings in skillet 2 minutes or until heated.
- ☐ Sprinkle with cheese, and cook, stirring constantly, 30 seconds or just until cheese begins to melt.
- ☐ Sprinkle evenly with walnuts, salt, pepper, and bacon; serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:2.81, Inflammation Score:-8, Nutrition Score:19.102608631486%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg 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: 423.11kcal (21.16%), Fat: 36.74g (56.53%), Saturated Fat: 10.24g (63.98%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 7.79g (2.83%), Sugar: 4.46g (4.96%), Cholesterol: 40.03mg (13.34%), Sodium: 811.24mg (35.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.42g (30.83%), Manganese: 1.27mg (63.54%), Vitamin K: 49.76µg (47.39%), Phosphorus: 287.3mg (28.73%), Copper: 0.56mg (28.2%), Calcium: 260.04mg (26%), Vitamin A: 1093.94IU (21.88%), Magnesium: 85.93mg (21.48%), Vitamin B6: 0.41mg (20.55%), Vitamin B2: 0.35mg

(20.35%), Fiber: 5.05g (20.21%), Folate: 80µg (20%), Vitamin B1: 0.26mg (17.66%), Vitamin C: 14.21mg (17.23%),
Selenium: 10.65µg (15.22%), Zinc: 2.03mg (13.51%), Iron: 2.28mg (12.68%), Potassium: 439.31mg (12.55%), Vitamin
B3: 2.25mg (11.27%), Vitamin B5: 1.04mg (10.36%), Vitamin E: 0.77mg (5.1%), Vitamin B12: 0.29µg (4.86%)