



## Green Beans with Sage and Pancetta



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



157 kcal

SIDE DISH

## Ingredients

- ☐ 3 tablespoons sage fresh coarsely chopped
- ☐ 2.5 pounds green beans trimmed
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 8 ounces pancetta thinly sliced coarsely chopped

## Equipment

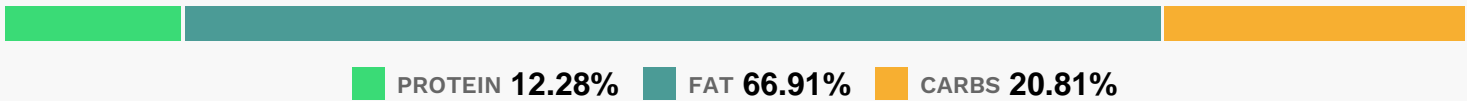
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

- ☐ paper towels
- ☐ pot

## Directions

- ☐ Line baking sheet with several layers of paper towels. Cook beans in large pot of boiling salted water until crisp-tender, 4 to 6 minutes depending on size of beans.
- ☐ Drain.
- ☐ Spread beans out on paper towels. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Combine pancetta and 1 tablespoon oil in large nonstick skillet. Sauté over medium heat until pancetta is crisp, separating pieces with 2 forks, about 10 minutes.
- ☐ Add sage and stir until fragrant, about 1 minute.
- ☐ Transfer to plate.
- ☐ Heat remaining 1 tablespoon oil in same skillet over medium-high heat.
- ☐ Add beans and sauté until heated through, about 5 minutes.
- ☐ Add pancetta mixture and toss to blend. Season to taste with freshly ground black pepper.
- ☐ Transfer to large bowl; sprinkle with fleur de sel, if desired, and serve.
- ☐ \*A sea salt with especially subtle, complex flavor; sold at specialty foods stores and online at [chefshop.com](http://chefshop.com).

## Nutrition Facts



## Properties

Glycemic Index:4.6, Glycemic Load:2.23, Inflammation Score:-6, Nutrition Score:14.127826089444%

## 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: 157.1kcal (7.85%), Fat: 12.14g (18.68%), Saturated Fat: 3.51g (21.93%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 5.31g (1.93%), Sugar: 3.7g (4.11%), Cholesterol: 14.97mg (4.99%), Sodium: 157.09mg (6.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.03%), Copper: 5.54mg (277.2%), Vitamin K: 50.45µg (48.04%), Manganese: 0.43mg (21.33%), Vitamin C: 13.83mg (16.77%), Vitamin A: 790.84IU (15.82%), Fiber: 3.19g (12.76%), Vitamin B6: 0.22mg (11.01%), Vitamin B1: 0.16mg (10.73%), Folate: 37.42µg (9.36%), Vitamin B3: 1.74mg (8.72%), Magnesium: 34.13mg (8.53%), Potassium: 291.88mg (8.34%), Iron: 1.48mg (8.21%), Vitamin B2: 0.14mg (8.15%), Phosphorus: 76.42mg (7.64%), Selenium: 5.24µg (7.48%), Vitamin E: 0.97mg (6.44%), Calcium: 54.92mg (5.49%), Zinc: 0.57mg (3.82%), Vitamin B5: 0.38mg (3.81%), Vitamin B12: 0.11µg (1.89%)