



Green Beans with Smoked Bacon

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

Ingredients

- 0.5 pound bacon smoked sliced cut into 1/2-inch pieces
- 8 servings pepper black freshly ground
- 1 tablespoon granulated sugar
- 2 pounds green beans
- 0.3 cup flat parsley italian coarsely chopped
- 0.3 cup red wine vinegar
- 8 servings salt
- 1 medium onion yellow peeled thinly sliced

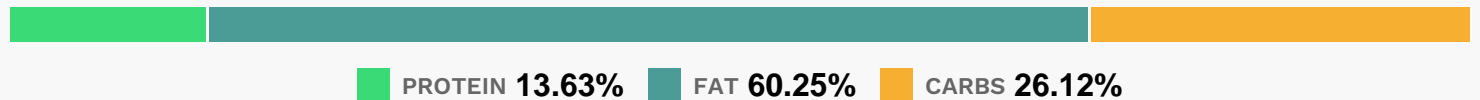
Equipment

- bowl
- frying pan
- pot

Directions

- Bring a large pot of heavily salted water to a boil. Meanwhile, prepare an ice water bath by filling a bowl halfway with ice and water.
- Place the beans in the boiling water and cook until crisp tender, about 3 minutes.
- Drain and place in the ice water bath to cool.
- Drain and set aside. In a large frying pan set over medium heat, cook the bacon until it starts to brown.
- Add the onion and cook until it caramelizes and turns golden.
- Add the reserved green beans, vinegar, and sugar and cook, stirring, until the sugar has dissolved.
- Mix in the parsley and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:25.89, Glycemic Load:3.59, Inflammation Score:-7, Nutrition Score:11.676521715911%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 167.46kcal (8.37%), Fat: 11.54g (17.75%), Saturated Fat: 3.84g (23.97%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 7.87g (2.86%), Sugar: 5.79g (6.44%), Cholesterol: 18.71mg (6.24%), Sodium: 390.7mg (16.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.75%), Vitamin K: 79.73µg (75.93%), Vitamin C: 17.4mg (21.09%), Vitamin A: 951.71IU (19.03%), Manganese: 0.29mg (14.33%), Fiber: 3.38g (13.53%), Vitamin B6: 0.25mg (12.69%), Vitamin B1: 0.18mg (11.95%), Folate: 42.9µg (10.73%), Vitamin B3: 2.01mg (10.07%), Potassium: 331.15mg (9.46%), Selenium: 6.46µg (9.23%), Phosphorus: 89.94mg (8.99%), Magnesium: 34.64mg (8.66%), Vitamin B2: 0.15mg (8.64%), Iron: 1.49mg (8.26%), Copper: 0.1mg (5.04%), Calcium: 50.3mg (5.03%), Vitamin B5: 0.44mg (4.38%), Zinc: 0.65mg (4.37%), Vitamin E: 0.6mg (4.03%), Vitamin B12: 0.14µg (2.36%)