



Green Beans with Tomatoes and Bacon

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

Ingredients

- 4 ounces bacon thick cut cut into 1-inch segments
- 1 clove garlic minced
- 1 pounds green beans fresh firm ends trimmed (they should break when you bend them, not bend like a rubber band)
- 14.5 ounce canned tomatoes whole canned
- 1 large sprig thyme sprigs fresh
- 4 servings salt
- 4 servings pepper black freshly ground
- 0.1 teaspoon ground pepper

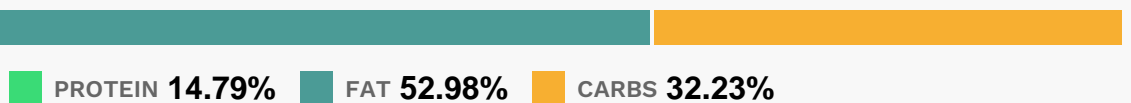
Equipment

- pot
- slow cooker

Directions

- Cook the bacon until fat begins to render:
- Place the bacon pieces on the bottom of a large, thick-bottomed pot.
- Heat on medium heat for several minutes until the bacon fat begins to render.
- Add onions, then garlic:
- Add the chopped onions to the bacon. Cook a few minutes until the onions are translucent.
- Add the garlic (if using) and cook a minute more.
- Drain off any excess fat.
- Add the green beans to the pot.
- Add the whole, peeled, canned tomatoes and their juices.
- Add a sprig of thyme to the pot (if using).
- Sprinkle with salt, pepper, and cayenne.
- Cover and simmer: Cover the pot and lower the heat to low. Simmer for 45 minutes to 1 hour, until the beans are cooked through and tender, stirring occasionally.
- Slow Cooker Instructions If you want to use a slow cooker for step 4, you can easily do so. Just put the cooked bacon and onions from steps 1 and 2, and the beans, tomatoes and spices into a slow cooker and cook on high for 2 to 3 hours, depending on your slow cooker, until the beans are completely tender and the tomatoes have broken down.
- Serve!

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:4.43, Inflammation Score:-8, Nutrition Score:14.855217353157%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 188.08kcal (9.4%), Fat: 11.81g (18.17%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 11.06g (4.02%), Sugar: 8.23g (9.15%), Cholesterol: 18.71mg (6.24%), Sodium: 524.11mg (22.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.84%), Vitamin K: 54.43µg (51.84%), Vitamin C: 23.97mg (29.06%), Manganese: 0.47mg (23.37%), Vitamin A: 1052.38IU (21.05%), Fiber: 5.11g (20.43%), Vitamin B6: 0.4mg (20.07%), Potassium: 603.67mg (17.25%), Vitamin B1: 0.25mg (16.68%), Vitamin B3: 3.24mg (16.22%), Iron: 2.69mg (14.96%), Copper: 0.28mg (14.18%), Magnesium: 53.16mg (13.29%), Folate: 51µg (12.75%), Vitamin E: 1.89mg (12.61%), Phosphorus: 118.55mg (11.86%), Vitamin B2: 0.2mg (11.59%), Selenium: 7.11µg (10.16%), Calcium: 81.34mg (8.13%), Vitamin B5: 0.71mg (7.05%), Zinc: 0.9mg (6%), Vitamin B12: 0.14µg (2.36%)