



Green Beans with Zucchini



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 6 bacon crumbled cooked
- ☐ 2 pounds green beans fresh trimmed cut into 1 1/2-inch pieces
- ☐ 1 small onion diced
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 2 medium zucchini sliced

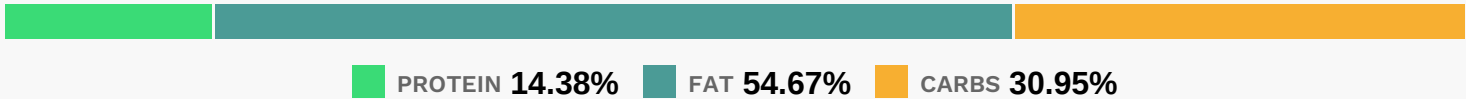
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook green beans in boiling salted water to cover, in a large Dutch oven, 10 to 15 minutes or until crisp tender.
- ☐ Drain.
- ☐ Melt butter in a large skillet over medium-high heat; add onion, and saut 5 minutes or until tender.
- ☐ Add sliced zucchini, and saut 3 to 4 minutes or until tender. Stir in beans, bacon, salt, and pepper, and cook 2 to 3 minutes or until thoroughly heated.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:2.58, Inflammation Score:-7, Nutrition Score:11.295652126488%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

Nutrients (% of daily need)

Calories: 126.38kcal (6.32%), Fat: 8.24g (12.67%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 6.76g (2.46%), Sugar: 5.29g (5.88%), Cholesterol: 5.94mg (1.98%), Sodium: 396.81mg (17.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.75%), Vitamin K: 51.11µg (48.67%), Vitamin C: 23.27mg (28.2%), Vitamin A: 1137.27IU (22.75%), Manganese: 0.36mg (18.04%), Fiber: 3.73g (14.93%), Vitamin B6: 0.28mg (14.17%), Folate: 50.94µg (12.73%), Potassium: 414.56mg (11.84%), Vitamin B2: 0.18mg (10.77%), Vitamin B1: 0.15mg (10.23%), Magnesium: 40.34mg (10.08%), Phosphorus: 89.36mg (8.94%), Vitamin B3: 1.7mg (8.48%), Iron: 1.44mg (7.99%), Copper: 0.12mg (5.79%), Selenium: 3.87µg (5.53%), Calcium: 55.29mg (5.53%), Vitamin E: 0.77mg (5.15%), Vitamin B5: 0.44mg (4.41%), Zinc: 0.63mg (4.2%), Vitamin B12: 0.07µg (1.21%)