



Holiday Beans and Cranberries



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



176 kcal

SIDE DISH

Ingredients

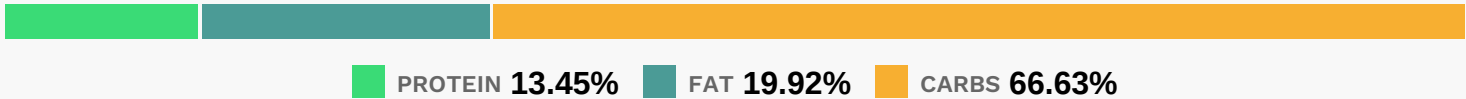
- ☐ 12 oz green beans frozen
- ☐ 0.5 cup cranberries dried
- ☐ 2 tablespoons honey
- ☐ 1 teaspoon orange zest grated
- ☐ 0.3 cup bacon bits

Equipment

Directions

- ☐ Cook beans as directed on package; drain.
- ☐ Stir in cranberries, honey and orange peel.
- ☐ Top with bacon flavor bits.

Nutrition Facts



Properties

Glycemic Index:24.57, Glycemic Load:6.18, Inflammation Score:-6, Nutrition Score:8.5034782886505%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 175.82kcal (8.79%), Fat: 4.18g (6.44%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 31.48g (10.49%), Net Carbohydrates: 26.8g (9.74%), Sugar: 22.39g (24.88%), Cholesterol: 0mg (0%), Sodium: 268.02mg (11.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.71%), Vitamin K: 37.72µg (35.93%), Fiber: 4.68g (18.73%), Vitamin C: 11.42mg (13.84%), Folate: 47.21µg (11.8%), Vitamin A: 588.94IU (11.78%), Manganese: 0.23mg (11.61%), Vitamin E: 1.69mg (11.26%), Vitamin B1: 0.16mg (10.74%), Magnesium: 36.24mg (9.06%), Copper: 0.15mg (7.61%), Vitamin B6: 0.14mg (7.05%), Phosphorus: 66.14mg (6.61%), Vitamin B2: 0.11mg (6.32%), Potassium: 214.84mg (6.14%), Iron: 1.09mg (6.05%), Calcium: 49.2mg (4.92%), Vitamin B3: 0.96mg (4.81%), Zinc: 0.52mg (3.47%), Vitamin B12: 0.18µg (2.96%), Selenium: 1.78µg (2.55%), Vitamin B5: 0.23mg (2.34%)