



Jeweled Green Beans



Gluten Free



Dairy Free

READY IN



34 min.

SERVINGS



10

CALORIES



117 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon thick chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 pounds green beans trimmed
- ☐ 1 bell pepper red chopped
- ☐ 0.5 onion red sliced
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup balsamic vinegar white

☐ 1 bell pepper yellow chopped

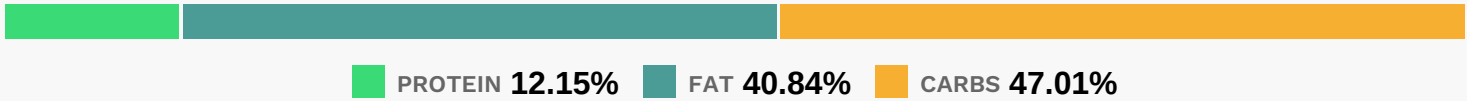
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook green beans in boiling salted water to cover in an 8-quart soup pot 8 minutes or until tender.
- ☐ Drain, and set aside.
- ☐ Cook bacon in a large skillet over medium heat until crisp; remove bacon from skillet with a slotted spoon, reserving 3 tablespoons drippings in pan, and drain bacon on paper towels. Set aside.
- ☐ Saut bell peppers and onion in hot bacon drippings 3 to 5 minutes or until tender.
- ☐ Whisk in vinegar, sugar, salt, and pepper. Cook over low heat, stirring constantly, until sugar dissolves.
- ☐ Toss reserved green beans with bell pepper mixture, and transfer to a serving dish.
- ☐ Sprinkle with reserved bacon.

Nutrition Facts



Properties

Glycemic Index:25.71, Glycemic Load:5.66, Inflammation Score:-7, Nutrition Score:10.422173944504%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.74mg,

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Nutrients (% of daily need)

Calories: 117kcal (5.85%), Fat: 5.52g (8.49%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 14.3g (4.77%), Net Carbohydrates: 11.37g (4.13%), Sugar: 9.19g (10.21%), Cholesterol: 8.71mg (2.9%), Sodium: 213.02mg (9.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.39%), Vitamin C: 48.54mg (58.84%), Vitamin K: 39.78µg (37.88%), Vitamin A: 1027.89IU (20.56%), Manganese: 0.26mg (13.08%), Fiber: 2.93g (11.7%), Vitamin B6: 0.22mg (11.23%), Folate: 39.57µg (9.89%), Potassium: 291.62mg (8.33%), Vitamin B1: 0.12mg (8.21%), Magnesium: 29.37mg (7.34%), Vitamin B3: 1.43mg (7.13%), Vitamin B2: 0.12mg (7.09%), Iron: 1.21mg (6.72%), Phosphorus: 63.61mg (6.36%), Selenium: 3.3µg (4.71%), Copper: 0.09mg (4.5%), Calcium: 41.63mg (4.16%), Vitamin E: 0.62mg (4.13%), Vitamin B5: 0.34mg (3.43%), Zinc: 0.44mg (2.97%), Vitamin B12: 0.07µg (1.1%)