



Jules' Braised Beans

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

Ingredients

- 1 tablespoon apple cider vinegar
- 2 slices bacon diced
- 2 cups chicken stock see
- 6 cups green beans fresh cut
- 1 teaspoon garlic minced to taste
- 6 servings salt and ground pepper black to taste
- 2 tablespoons olive oil
- 1 tablespoon sugar white

1 large onion diced yellow

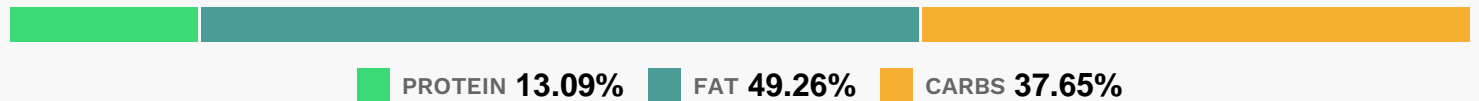
Equipment

pot

Directions

- Heat olive oil in a large pot over medium heat. Cook and stir bacon in hot oil until browned, 7 to 10 minutes.
- Add onion; cook and stir until the onion is tender, 5 to 7 minutes.
- Stir vinegar, sugar, and garlic into the bacon and onion mixture; season with salt and pepper.
- Pour chicken stock over the mixture and stir; bring to a simmer and cook until hot, 2 to 3 minutes.
- Add the green beans and toss to coat. Cover the pot and let the green beans simmer until tender, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:40.85, Glycemic Load:4.14, Inflammation Score:-7, Nutrition Score:10.3191304444656%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg

Nutrients (% of daily need)

Calories: 153.95kcal (7.7%), Fat: 8.82g (13.56%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 11.73g (4.27%), Sugar: 7.92g (8.8%), Cholesterol: 7.24mg (2.41%), Sodium: 170.89mg (7.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin K: 50.54µg (48.13%), Vitamin C: 15.59mg (18.89%), Vitamin A: 765.21IU (15.3%), Manganese: 0.3mg (14.9%), Fiber: 3.43g (13.72%), Vitamin B6: 0.26mg (12.99%), Vitamin B3: 2.4mg (12%), Vitamin B2: 0.2mg (11.54%), Folate: 45.08µg (11.27%), Potassium: 372.37mg (10.64%), Vitamin B1: 0.15mg (10.07%), Magnesium: 34.5mg (8.63%), Phosphorus: 82.33mg (8.23%), Iron:

1.43mg (7.97%), Vitamin E: 1.18mg (7.9%), Copper: 0.14mg (6.75%), Selenium: 4.11µg (5.87%), Calcium: 50.81mg (5.08%), Zinc: 0.51mg (3.42%), Vitamin B5: 0.32mg (3.23%)