



Liege Style Salad

☒ Gluten Free ☒ Dairy Free

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READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

284 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound bacon thick cut
- ☐ 2 cups balsamic vinegar
- ☐ 2 pounds green beans fresh trimmed
- ☐ 3 small onions sliced
- ☐ 2 pounds potatoes cubed peeled
- ☐ 12 servings salt and pepper to taste

Equipment

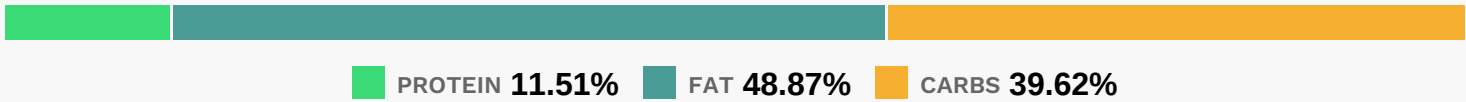
- ☐ bowl

- ☐ frying pan
- ☐ pot

Directions

- ☐ Place the potatoes in to a pot and fill with enough water to cover. Bring to a boil and cook until tender, about 10 minutes. Bring a separate pot of water to a boil.
- ☐ Add the green beans and cook for about 5 minutes.
- ☐ Drain.
- ☐ Fry the bacon in a large skillet over medium heat until crisp.
- ☐ Remove bacon and set aside. Fry onions in the bacon drippings until tender and browned.
- ☐ Remove them and set aside.
- ☐ Pour balsamic vinegar into the skillet and stir to release all of the browned bits from the bottom of the pan.
- ☐ In a large bowl, combine the green beans, potatoes, onions and bacon.
- ☐ Pour the balsamic vinegar over them and toss to coat. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:17.23, Glycemic Load:15.13, Inflammation Score:-6, Nutrition Score:12.11130426241%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 283.67kcal (14.18%), Fat: 15.25g (23.47%), Saturated Fat: 5.09g (31.82%), Carbohydrates: 27.83g (9.28%), Net Carbohydrates: 23.83g (8.67%), Sugar: 10.15g (11.28%), Cholesterol: 24.95mg (8.32%), Sodium: 463.57mg (20.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Vitamin K: 34.01µg (32.39%), Vitamin C: 25.41mg (30.8%), Vitamin B6: 0.45mg (22.56%), Manganese: 0.36mg (18.09%), Potassium: 625.82mg (17.88%), Fiber: 4g (16.01%), Vitamin B1: 0.23mg (15.66%), Vitamin B3: 2.89mg (14.46%), Phosphorus: 139.4mg (13.94%),

Selenium: 8.37µg (11.95%), Magnesium: 47.68mg (11.92%), Vitamin A: 537.48IU (10.75%), Iron: 1.87mg (10.38%), Folate: 40.37µg (10.09%), Copper: 0.17mg (8.39%), Vitamin B2: 0.14mg (8.13%), Vitamin B5: 0.63mg (6.25%), Zinc: 0.91mg (6.07%), Calcium: 54.55mg (5.46%), Vitamin E: 0.48mg (3.22%), Vitamin B12: 0.19µg (3.15%), Vitamin D: 0.15µg (1.01%)