



Nutty Greens with Bacon and Blue Cheese

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



307 kcal

SIDE DISH

Ingredients

- 3 slices bacon
- 0.3 teaspoon pepper black freshly ground
- 4 ounces cheese blue cut into small chunks (recommended: shropshire)
- 1 pound haricots verts trimmed
- 6 servings kosher salt
- 1.5 cups pecans whole toasted coarsely chopped

Equipment

- bowl

- frying pan
- paper towels
- pot

Directions

- Watch how to make this recipe.
- Bring a large pot of salted water to a boil over high heat.
- Add the haricots verts and cook for about 2 minutes.
- Remove the beans from the water and immediately place in a bowl of ice water.
- Remove the haricots verts from the ice water and set aside in a medium bowl.
- In a large saute pan, over medium heat, cook the bacon until crisp.
- Remove the bacon and place on paper towels.
- Add the beans to the bacon drippings and cook over medium heat for 2 to 3 minutes.
- Add the blue cheese and toss just until it starts to melt. Break the cooked bacon into bite-size pieces and add to pan. Finish by stirring in the toasted chopped pecans. Season with the freshly ground black pepper and just a tiny pinch of kosher salt.
- Serve immediately.

Nutrition Facts

PROTEIN 11.24% **FAT 77.22%** **CARBS 11.54%**

Properties

Glycemic Index:19.17, Glycemic Load:1.72, Inflammation Score:-6, Nutrition Score:13.895652229371%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 307.25kcal (15.36%), Fat: 27.78g (42.74%), Saturated Fat: 6.57g (41.03%), Carbohydrates: 9.35g (3.12%), Net Carbohydrates: 4.91g (1.78%), Sugar: 3.54g (3.94%), Cholesterol: 21.43mg (7.14%), Sodium: 488.51mg (21.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.19%), Manganese: 1.29mg (64.55%), Vitamin K: 33.96µg (32.35%), Phosphorus: 186.4mg (18.64%), Copper: 0.36mg (18.13%), Fiber: 4.44g (17.75%), Vitamin B1: 0.26mg (17.42%), Calcium: 146.13mg (14.61%), Vitamin A: 684.22IU (13.68%), Magnesium: 54.66mg (13.67%), Zinc: 1.94mg (12.91%), Vitamin C: 9.5mg (11.51%), Vitamin B2: 0.19mg (11.3%), Vitamin B6: 0.22mg (10.97%), Potassium: 332.3mg (9.49%), Folate: 37.21µg (9.3%), Selenium: 6.35µg (9.07%), Iron: 1.52mg (8.43%), Vitamin B5: 0.77mg (7.73%), Vitamin B3: 1.48mg (7.4%), Vitamin E: 0.75mg (5.01%), Vitamin B12: 0.29µg (4.76%)