



Old-Fashioned Green Beans

 Gluten Free

READY IN



72 min.

SERVINGS



12

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound double-smoked bacon diced
- ☐ 2 Tbsp cider vinegar
- ☐ 3 pounds green beans trimmed
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons butter unsalted softened

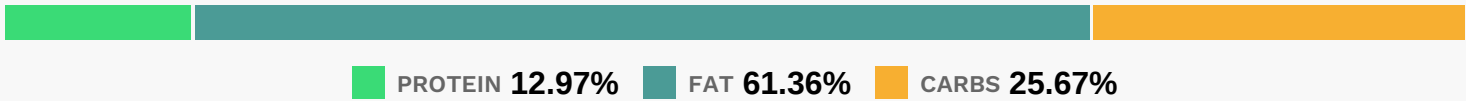
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Cook bacon in a Dutch oven over medium heat 10 minutes or until browned and crisp.
- ☐ Add onion, and saut 5 minutes or until tender. Stir in green beans, red pepper, and salt.
- ☐ Add enough water to cover green beans. Bring to a boil; cover, reduce heat, and simmer 40 to 45 minutes or until beans are very tender.
- ☐ Drain beans, and transfer to a bowl.
- ☐ Add butter and vinegar; toss well.
- ☐ Serve hot.
- ☐ *We discovered 2 great online sources for the specialty bacon: Schaller and Weber from www.germandeli.com and www.nodinesmokehouse.com. Regular bacon is an option too but contributes a milder flavor.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:2.43, Inflammation Score:-7, Nutrition Score:9.4386956328931%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 135.35kcal (6.77%), Fat: 9.68g (14.89%), Saturated Fat: 3.78g (23.6%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 5.83g (2.12%), Sugar: 4.11g (4.57%), Cholesterol: 17.49mg (5.83%), Sodium: 329.19mg (14.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.21%), Vitamin K: 49.14µg (46.8%), Vitamin A: 897.35IU (17.95%), Vitamin C: 14.51mg (17.59%), Manganese: 0.27mg (13.42%), Fiber: 3.28g (13.1%), Vitamin B6: 0.22mg (11.24%), Vitamin B1: 0.15mg (9.99%), Folate: 39.28µg (9.82%), Potassium: 295.74mg (8.45%), Vitamin B2: 0.14mg (8.12%), Vitamin B3: 1.62mg (8.12%), Magnesium: 31.96mg (7.99%), Phosphorus: 74.22mg (7.42%), Iron: 1.3mg (7.23%), Selenium: 4.59µg (6.55%), Calcium: 46.41mg (4.64%), Copper: 0.09mg (4.61%), Vitamin E: 0.67mg (4.44%),

Vitamin B5: 0.38mg (3.75%), Zinc: 0.52mg (3.48%), Vitamin B12: 0.1µg (1.64%)