



Plantation Beans and Cabbage

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



107 kcal

SIDE DISH

Ingredients

- 2 slices bacon
- 0.3 teaspoon pepper black
- 0.3 cup cider vinegar
- 32 ounce green beans frozen french-style thawed
- 2 cups cabbage green very thinly sliced
- 1 cup onion finely chopped
- 0.3 teaspoon salt
- 6 tablespoons sugar

1 cup water

Equipment

frying pan

dutch oven

Directions

Cook the bacon in a Dutch oven over medium-high heat until crisp.

Remove bacon from pan, reserving 1 tablespoon bacon drippings in pan; crumble bacon and set aside.

Add onion to pan; cook over medium heat 2 minutes.

Add green beans; cook 2 minutes. Stir in water, salt, and pepper. Bring to a boil; cover, reduce heat, and simmer 5 minutes. Stir in cabbage; cover and simmer 5 minutes.

Combine sugar and vinegar, stirring until sugar dissolves.

Add sugar mixture to pan; cook, uncovered, 1 minute.

Sprinkle with bacon.

Nutrition Facts



PROTEIN 11.19% **FAT 19.55%** **CARBS 69.26%**

Properties

Glycemic Index:32.39, Glycemic Load:9.21, Inflammation Score:-7, Nutrition Score:10.155652103217%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg

Nutrients (% of daily need)

Calories: 106.84kcal (5.34%), Fat: 2.5g (3.85%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 16.08g (5.85%), Sugar: 14.12g (15.69%), Cholesterol: 3.63mg (1.21%), Sodium: 121.79mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin K: 62.24µg (59.28%), Vitamin C: 21.72mg

(26.33%), Manganese: 0.33mg (16.32%), Vitamin A: 802.37IU (16.05%), Fiber: 3.86g (15.42%), Folate: 48.76µg (12.19%), Vitamin B6: 0.22mg (11.02%), Potassium: 315.59mg (9.02%), Vitamin B1: 0.13mg (8.54%), Magnesium: 33.89mg (8.47%), Vitamin B2: 0.14mg (8.04%), Iron: 1.34mg (7.45%), Phosphorus: 62.06mg (6.21%), Vitamin B3: 1.12mg (5.59%), Calcium: 55.65mg (5.57%), Copper: 0.1mg (4.93%), Vitamin B5: 0.35mg (3.48%), Vitamin E: 0.52mg (3.46%), Selenium: 2µg (2.86%), Zinc: 0.41mg (2.74%)