



Roasted Green Beans with Bacon and Shallots



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 2 slices bacon
- ☐ 12 ounce green beans trimmed thin
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 small shallots sliced

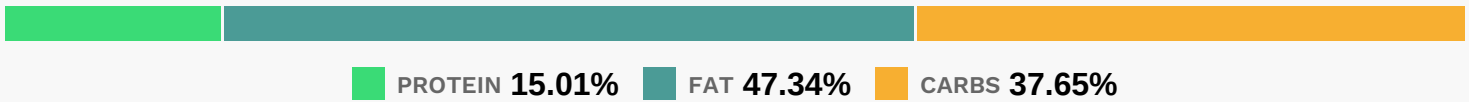
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place bacon on a large jelly-roll pan.
- ☐ Bake at 450 for 8 to 10 minutes or until crisp.
- ☐ Drain bacon on paper towels, reserving 2 teaspoons drippings in pan. Discard remaining drippings.
- ☐ Add shallots and beans to drippings in pan; toss to coat. Arrange beans in a single layer on pan, and sprinkle with salt.
- ☐ Bake at 450 for 15 minutes; stir and bake an additional 7 minutes or until lightly browned and tender. Crumble bacon; sprinkle over beans.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:2.91, Inflammation Score:-6, Nutrition Score:9.5195652246475%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 108.31kcal (5.42%), Fat: 6.09g (9.37%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 7.3g (2.65%), Sugar: 5.01g (5.56%), Cholesterol: 9.68mg (3.23%), Sodium: 299.69mg (13.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.69%), Vitamin K: 48.89µg (46.57%), Vitamin C: 15.17mg (18.39%), Vitamin A: 788.54IU (15.77%), Manganese: 0.3mg (14.79%), Fiber: 3.6g (14.38%), Vitamin B6: 0.26mg (12.82%), Folate: 43.09µg (10.77%), Vitamin B1: 0.14mg (9.56%), Potassium: 324.02mg (9.26%), Magnesium: 33.61mg (8.4%), Iron: 1.43mg (7.94%), Vitamin B2: 0.13mg (7.83%), Phosphorus: 74.21mg (7.42%), Vitamin B3: 1.46mg (7.28%), Selenium: 3.83µg (5.47%), Copper: 0.1mg (4.96%), Calcium: 48.98mg (4.9%), Vitamin B5: 0.38mg (3.85%), Vitamin E: 0.53mg (3.56%), Zinc: 0.51mg (3.42%), Vitamin B12: 0.07µg (1.22%)