



Roasted Green Beans with Pancetta



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 2 lb green beans fresh trimmed
- ☐ 2 tablespoons olive oil
- ☐ 4 oz pancetta thinly sliced chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 1 cup onion sweet sliced

Equipment

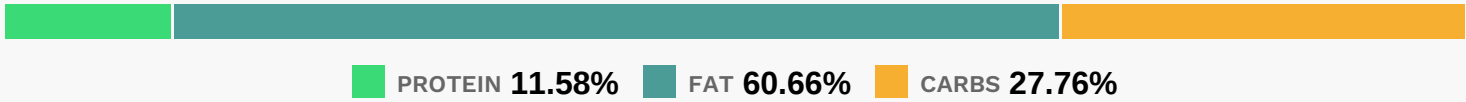
- ☐ frying pan

- ☐ paper towels
- ☐ oven

Directions

- ☐ Heat oven to 450F. In 8-inch nonstick skillet, cook pancetta over medium-high heat until crisp.
- ☐ Drain on paper towels; set aside. Reserve drippings.
- ☐ In 18x13-inch half-sheet pan, toss green beans, onion, oil, salt, pepper and reserved drippings.
- ☐ Roast uncovered 15 to 20 minutes, stirring twice, or until beans are tender.
- ☐ Sprinkle with pancetta.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:1.79, Inflammation Score:-6, Nutrition Score:7.5121738599694%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 105.53kcal (5.28%), Fat: 7.52g (11.56%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 5.12g (1.86%), Sugar: 3.76g (4.18%), Cholesterol: 7.48mg (2.49%), Sodium: 198.14mg (8.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin K: 40.91µg (38.96%), Vitamin C: 11.84mg (14.35%), Vitamin A: 630.86IU (12.62%), Manganese: 0.22mg (11.12%), Fiber: 2.62g (10.47%), Vitamin B6: 0.18mg (8.96%), Folate: 33.63µg (8.41%), Vitamin B1: 0.11mg (7.49%), Potassium: 234.29mg (6.69%), Magnesium: 25.65mg (6.41%), Vitamin B2: 0.11mg (6.29%), Iron: 1.05mg (5.83%), Vitamin B3: 1.14mg (5.72%), Phosphorus: 55.28mg (5.53%), Vitamin E: 0.83mg (5.52%), Selenium: 2.91µg (4.16%), Copper: 0.08mg (3.89%), Calcium: 37.88mg (3.79%), Vitamin B5: 0.28mg (2.84%), Zinc: 0.37mg (2.49%)