

Saucy Green Beans

READY IN



20 min.

SERVINGS



12

CALORIES



142 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 6 bacon crumbled cooked
- 3 tablespoons flour all-purpose
- 2 pounds green beans fresh
- 3 tablespoons parsley fresh minced
- 1.3 cups milk
- 0.3 cup onion chopped
- 12 servings salt and pepper to taste
- 8 ounces cream sour

- 1 tablespoon sugar
- 3 tablespoons vinegar white

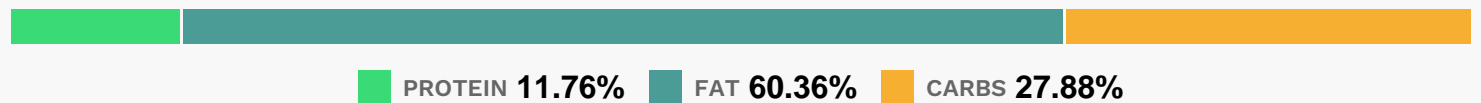
Equipment

- bowl
- sauce pan

Directions

- Place beans in a large saucepan and cover with water; bring to a boil. Cook, uncovered, for 8-10 minutes or until crisp-tender.
- Meanwhile, in another saucepan, saute onion in butter. Stir in flour and sugar until blended; gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat to low; stir in the sour cream, parsley and vinegar until blended (do not boil).
- Drain beans; place in a serving bowl. Season with salt and pepper. Top with sauce and bacon.

Nutrition Facts



Properties

Glycemic Index:32.34, Glycemic Load:3.77, Inflammation Score:-6, Nutrition Score:8.6617391213127%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 142.27kcal (7.11%), Fat: 9.92g (15.26%), Saturated Fat: 5.34g (33.35%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 8.11g (2.95%), Sugar: 5.54g (6.15%), Cholesterol: 28.33mg (9.44%), Sodium: 312.32mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.69%), Vitamin K: 49.62µg (47.26%), Vitamin A: 884.54IU (17.69%), Vitamin C: 11.05mg (13.4%), Vitamin B2: 0.17mg (9.88%), Manganese: 0.19mg (9.51%), Phosphorus: 89.47mg (8.95%), Fiber: 2.2g (8.8%), Calcium: 82.95mg (8.3%), Vitamin B1: 0.12mg (8.02%), Folate: 32.02µg (8%), Vitamin B6: 0.16mg (7.92%), Potassium: 256.53mg (7.33%), Magnesium: 26.58mg (6.64%), Selenium:

4.4µg (6.28%), Vitamin B3: 1.15mg (5.75%), Iron: 0.99mg (5.51%), Vitamin B5: 0.4mg (3.96%), Vitamin B12: 0.23µg (3.81%), Vitamin E: 0.53mg (3.54%), Zinc: 0.51mg (3.38%), Copper: 0.07mg (3.32%), Vitamin D: 0.3µg (1.97%)