



Sauteed Green Beans

 Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



220 kcal

SIDE DISH

Ingredients

- 5 slices bacon
- 0.3 cup butter
- 16 ounce cut green beans frozen
- 0.5 cup slivered almonds

Equipment

- frying pan

Directions

- Place bacon in a large skillet over medium-high heat. Cook until browned on one side, then turn over to cook on the other side.
- Add the almonds to the skillet at this time, and cook, stirring until light golden brown.
- Remove the bacon from the skillet, leaving the bacon drippings. Crumble or chop bacon, and return to the skillet. Melt the butter in with the drippings.
- Add the green beans; cook and stir until tender, about 8 minutes.

Nutrition Facts

 PROTEIN **9.93%**  FAT **77.05%**  CARBS **13.02%**

Properties

Glycemic Index:17.67, Glycemic Load:1.57, Inflammation Score:-6, Nutrition Score:9.4982608401257%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 219.81kcal (10.99%), Fat: 19.6g (30.16%), Saturated Fat: 7.68g (47.99%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 4.29g (1.56%), Sugar: 2.86g (3.18%), Cholesterol: 32.44mg (10.81%), Sodium: 186.81mg (8.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.37%), Vitamin K: 33.17µg (31.59%), Vitamin E: 2.91mg (19.41%), Manganese: 0.37mg (18.55%), Vitamin A: 764.87IU (15.3%), Fiber: 3.17g (12.66%), Vitamin B2: 0.2mg (11.72%), Magnesium: 45.59mg (11.4%), Vitamin C: 9.22mg (11.18%), Phosphorus: 100.69mg (10.07%), Vitamin B1: 0.13mg (8.77%), Vitamin B6: 0.17mg (8.4%), Vitamin B3: 1.62mg (8.11%), Copper: 0.15mg (7.63%), Potassium: 264.05mg (7.54%), Folate: 29.19µg (7.3%), Iron: 1.19mg (6.61%), Selenium: 4.6µg (6.57%), Calcium: 55.37mg (5.54%), Zinc: 0.69mg (4.58%), Vitamin B5: 0.32mg (3.24%), Vitamin B12: 0.11µg (1.8%)