



Skillet Green Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 4 bacon thick
- ☐ 10 servings pepper black freshly ground
- ☐ 10 servings pea-mond dressing
- ☐ 2 pounds haricots verts trimmed thin (green beans)
- ☐ 0.3 cup jalapeno
- ☐ 10 servings jalapeno
- ☐ 10 servings kosher salt
- ☐ 1 tablespoon olive oil

- ☐ 2 tablespoons red wine vinegar
- ☐ 6 large shallots quartered

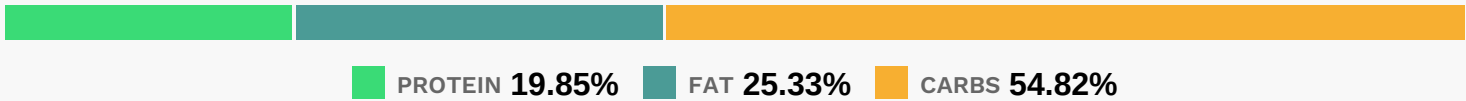
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Cook green beans in boiling salted water to cover 3 to 4 minutes or until crisp-tender; drain. Plunge beans into ice water to stop the cooking process; drain.
- ☐ Cook bacon in a large skillet over medium heat 5 to 6 minutes or until crisp.
- ☐ Remove with a slotted spoon, and drain on paper towels, reserving 2 Tbsp. drippings in skillet.
- ☐ Saut shallots in hot olive oil and reserved hot drippings over medium heat 8 to 10 minutes or until golden brown and tender. Stir in jalapeo syrup and vinegar. Increase heat to medium-high; add green beans. Saut 5 minutes or until hot.
- ☐ Add salt and pepper to taste. Toss with bacon.
- ☐ Serve with jalapeos and relish.

Nutrition Facts



Properties

Glycemic Index:21.3, Glycemic Load:7.49, Inflammation Score:-8, Nutrition Score:16.234782487802%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 189.95kcal (9.5%), Fat: 5.58g (8.59%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 18.51g (6.73%), Sugar: 7.17g (7.97%), Cholesterol: 5.81mg (1.94%), Sodium: 263.16mg (11.44%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Folate: 215.22µg (53.8%), Vitamin K: 42.48µg (40.45%), Fiber: 8.68g (34.71%), Manganese: 0.67mg (33.42%), Vitamin C: 18.26mg (22.13%), Phosphorus: 191.94mg (19.19%), Vitamin B1: 0.28mg (18.89%), Iron: 3.35mg (18.63%), Magnesium: 73.47mg (18.37%), Copper: 0.31mg (15.7%), Vitamin B6: 0.31mg (15.46%), Potassium: 512.35mg (14.64%), Vitamin A: 694.47IU (13.89%), Zinc: 1.5mg (10%), Vitamin B2: 0.16mg (9.13%), Vitamin B3: 1.54mg (7.69%), Vitamin E: 1.03mg (6.86%), Selenium: 4.67µg (6.67%), Vitamin B5: 0.67mg (6.66%), Calcium: 61.52mg (6.15%)