



Skillet Green Beans, Tomatoes & Bacon

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



15

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer bacon cut into 1-inch pieces
- 0.5 cup chicken broth
- 1 lb green beans fresh trimmed cut into 1-1/2-inch pieces
- 1 large onion chopped
- 0.3 tsp pepper
- 4 medium plum tomatoes chopped

Equipment

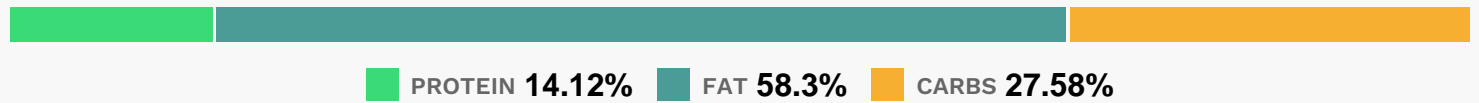
- frying pan

- paper towels
- slotted spoon

Directions

- Cook bacon in large skillet on medium heat until crisp, stirring occasionally.
- Transfer bacon with slotted spoon to paper towels to drain, reserving drippings in skillet.
- Add onions to drippings in skillet; cook and stir 6 min. or until lightly browned.
- Add beans, broth and pepper; mix well. Bring to boil. Reduce heat to medium-low; cover. Simmer 40 min. or until beans are tender.
- Stir in tomatoes; increase heat to medium-high. Cook 3 min. or until tomatoes are heated through.
- Transfer to serving dish.
- Sprinkle with bacon.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.53, Glycemic Load:0.97, Inflammation Score:-4, Nutrition Score:3.5652174062055%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 53.6kcal (2.68%), Fat: 3.62g (5.57%), Saturated Fat: 1.2g (7.47%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 2.66g (0.97%), Sugar: 1.88g (2.09%), Cholesterol: 5.96mg (1.99%), Sodium: 90.37mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.95%), Vitamin K: 14.4µg (13.72%), Vitamin C: 6.69mg (8.11%), Vitamin A: 350.17IU (7%), Manganese: 0.11mg (5.29%), Fiber: 1.19g (4.77%), Vitamin B6: 0.09mg (4.57%), Vitamin B1: 0.06mg (4.1%), Potassium: 136.87mg (3.91%), Folate: 14.36µg (3.59%), Vitamin B3: 0.7mg (3.52%),

Phosphorus: 31.4mg (3.14%), Selenium: 2.03µg (2.9%), Magnesium: 11.57mg (2.89%), Vitamin B2: 0.05mg (2.89%), Iron: 0.42mg (2.34%), Copper: 0.04mg (1.99%), Vitamin E: 0.26mg (1.71%), Calcium: 16.04mg (1.6%), Zinc: 0.23mg (1.52%), Vitamin B5: 0.15mg (1.45%)