



Slow-Cooked Green Beans



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon sliced
- ☐ 1 pinch cayenne pepper to taste
- ☐ 3 cups chicken broth
- ☐ 2 pounds green beans fresh trimmed
- ☐ 3 cloves garlic minced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 onion sliced lengthwise
- ☐ 0.3 cup tomato sauce

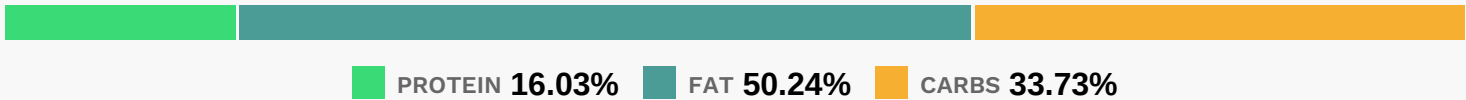
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place saucepan over medium heat; cook and stir bacon in the hot pan until almost crisp, about 6 minutes.
- ☐ Add onion; cook until browned bits of food on the bottom of the pan have dissolved in the onion's juices and onion is soft and golden brown, about 5 minutes. Stir in garlic and tomato sauce. Cook until garlic has softened, about 1 more minute.
- ☐ Place green beans into a skillet and pour in chicken broth. Raise heat to high, add salt, black pepper, and cayenne pepper to beans, and bring to a simmer. Beans will begin to soften. Turn heat to medium-low and simmer for 1 1/2 hours. Stir occasionally.
- ☐ Add more broth or water if mixture seems dry.
- ☐ Adjust levels of salt, black pepper, and cayenne pepper to taste. Cook until beans are soft and tender, about 30 more minutes.
- ☐ Transfer beans and some of the pan juices to a deep serving platter.

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:3.68, Inflammation Score:-8, Nutrition Score:13.537826219331%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Nutrients (% of daily need)

Calories: 157.98kcal (7.9%), Fat: 9.37g (14.42%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 9.55g (3.47%), Sugar: 6.59g (7.32%), Cholesterol: 16.87mg (5.62%), Sodium: 640.04mg (27.83%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.45%), Vitamin K: 65.58µg (62.45%), Vitamin C: 21mg (25.45%), Manganese: 0.46mg (22.79%), Vitamin A: 1105.94IU (22.12%), Fiber: 4.61g (18.43%), Vitamin B6: 0.32mg (16.15%), Vitamin B2: 0.26mg (15.17%), Vitamin B1: 0.22mg (14.89%), Folate: 54.38µg (13.59%), Potassium: 448.5mg (12.81%), Vitamin B3: 2.39mg (11.94%), Magnesium: 45.55mg (11.39%), Iron: 1.9mg (10.57%), Phosphorus: 104.41mg (10.44%), Selenium: 6.17µg (8.82%), Copper: 0.16mg (7.8%), Calcium: 70.57mg (7.06%), Vitamin E: 0.92mg (6.13%), Vitamin B5: 0.54mg (5.37%), Zinc: 0.78mg (5.18%), Vitamin B12: 0.13µg (2.23%)