



## Slow-Cooked Green Beans, Tomatoes and Bacon

 Vegetarian  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup chicken broth fat-free reduced-sodium
- 1 lb green beans trimmed cut into 1-1/2-inch lengths
- 2 slices oscar mayer lower sodium bacon finely chopped
- 1 large onion chopped
- 0.3 tsp pepper
- 0.5 lb plum tomatoes chopped

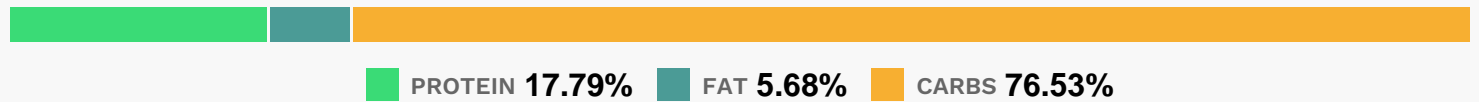
### Equipment

frying pan

## Directions

- Cook and stir bacon in large skillet on medium heat until crisp.
- Remove bacon, reserving drippings in skillet.
- Drain bacon.
- Add onions to drippings; cook and stir until crisp-tender.
- Add beans, broth and pepper; stir. Bring to boil; cover. Simmer on medium-low heat 40 min.
- Stir in tomatoes; cook on medium-high heat 3 min. or until heated through. Top with bacon.

## Nutrition Facts



## Properties

Glycemic Index:9.53, Glycemic Load:0.96, Inflammation Score:-4, Nutrition Score:2.993043443431%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

## Nutrients (% of daily need)

Calories: 16.56kcal (0.83%), Fat: 0.12g (0.19%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 2.49g (0.91%), Sugar: 1.82g (2.02%), Cholesterol: 0mg (0%), Sodium: 38.72mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Vitamin K: 14.29µg (13.61%), Vitamin C: 6.5mg (7.88%), Vitamin A: 334.98IU (6.7%), Manganese: 0.1mg (5.06%), Fiber: 1.18g (4.71%), Folate: 14.29µg (3.57%), Vitamin B6: 0.07mg (3.41%), Potassium: 117.42mg (3.35%), Magnesium: 10.45mg (2.61%), Vitamin B1: 0.04mg (2.37%), Vitamin B2: 0.04mg (2.29%), Iron: 0.39mg (2.16%), Phosphorus: 19.13mg (1.91%), Vitamin B3: 0.37mg (1.84%), Copper: 0.04mg (1.78%), Calcium: 15.49mg (1.55%), Vitamin E: 0.21mg (1.39%), Vitamin B5: 0.1mg (1.04%)