



Smoky Bacon and Vinegar Green Beans



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



135 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces hickory-smoked bacon diced uncooked ()
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup cider vinegar
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 pounds green beans trimmed cut into 2-inch pieces
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup water

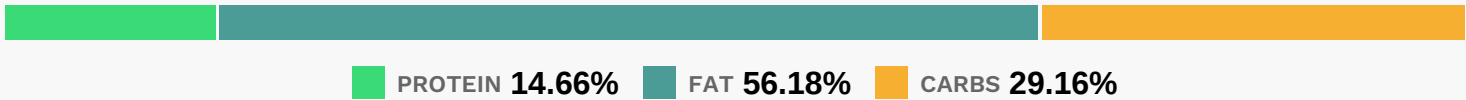
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a large Dutch oven over medium heat.
- ☐ Add bacon; saut 3 minutes or until lightly browned.
- ☐ Remove bacon from pan, reserving 2 teaspoons drippings in pan.
- ☐ Add onion; saut 5 minutes or until tender.
- ☐ Add bacon, broth, water, salt, pepper, and beans; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until beans are very tender. Uncover; cook 5 minutes.
- ☐ Drizzle beans with vinegar, and simmer for 5 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:2.68, Inflammation Score:-7, Nutrition Score:9.9747825627742%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 134.83kcal (6.74%), Fat: 8.76g (13.48%), Saturated Fat: 2.89g (18.09%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 6.8g (2.47%), Sugar: 4.62g (5.13%), Cholesterol: 14.03mg (4.68%), Sodium: 556.98mg (24.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.29%), Vitamin K: 49.05µg (46.71%), Vitamin C: 15.31mg (18.56%), Vitamin A: 791.4IU (15.83%), Manganese: 0.31mg (15.57%), Fiber: 3.43g (13.73%), Vitamin B6: 0.24mg (12.24%), Vitamin B1: 0.16mg (10.87%), Folate: 41.53µg (10.38%), Vitamin B3: 1.87mg (9.35%), Potassium: 326.26mg (9.32%), Vitamin B2: 0.15mg (8.63%), Magnesium: 34.08mg (8.52%), Phosphorus: 83.43mg (8.34%), Selenium:

5.69µg (8.13%), Iron: 1.37mg (7.59%), Copper: 0.11mg (5.38%), Calcium: 50.9mg (5.09%), Vitamin B5: 0.43mg (4.34%), Zinc: 0.57mg (3.81%), Vitamin E: 0.56mg (3.74%), Vitamin B12: 0.16µg (2.72%)