



Smoky Haricots Verts and Mushrooms



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 1 applewood-smoked bacon
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 2 tablespoons flat-leaf parsley fresh coarsely chopped
- ☐ 1 garlic clove minced
- ☐ 12 ounces haricots verts french trimmed (green beans)
- ☐ 0.3 teaspoon kosher salt
- ☐ 8 ounce gourmet mushroom blend

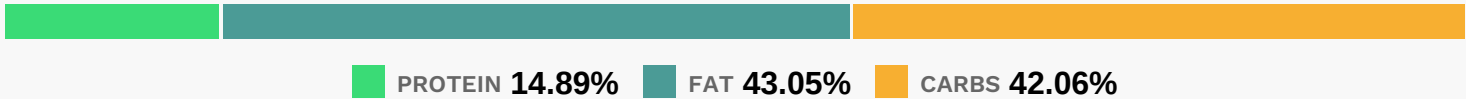
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Place a small roasting pan in oven. Preheat oven to 425 (keep pan in the oven as it preheats).
- ☐ While oven preheats, cook bacon slice in a small skillet over medium heat until crisp.
- ☐ Remove bacon from pan, and crumble. Reserve the drippings.
- ☐ Drizzle bacon drippings and canola oil into preheated roasting pan; swirl to coat.
- ☐ Add mushroom blend to pan; stir.
- ☐ Bake mushrooms at 425 for 8 minutes.
- ☐ Add haricots verts, and sprinkle with kosher salt and freshly ground black pepper; toss.
- ☐ Bake at 425 for 8 minutes or until beans are lightly browned and crisp-tender. Toss with reserved bacon, parsley, and minced garlic.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:2.55, Inflammation Score:-6, Nutrition Score:11.740000054888%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 88.25kcal (4.41%), Fat: 4.67g (7.18%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 6.45g (2.35%), Sugar: 4.15g (4.61%), Cholesterol: 3.63mg (1.21%), Sodium: 193.22mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.27%), Vitamin K: 70.91µg (67.54%), Manganese: 0.34mg

(16.94%), Vitamin C: 13.27mg (16.08%), Vitamin B6: 0.31mg (15.6%), Vitamin B3: 3.08mg (15.38%), Fiber: 3.81g (15.25%), Vitamin A: 757.76IU (15.16%), Vitamin B2: 0.22mg (12.87%), Vitamin B5: 1.09mg (10.86%), Potassium: 377.66mg (10.79%), Phosphorus: 106.15mg (10.61%), Folate: 38.51µg (9.63%), Magnesium: 34.56mg (8.64%), Copper: 0.15mg (7.38%), Selenium: 4.96µg (7.09%), Iron: 1.28mg (7.08%), Vitamin B1: 0.1mg (6.45%), Zinc: 0.88mg (5.89%), Vitamin E: 0.74mg (4.92%), Calcium: 37.36mg (3.74%), Vitamin D: 0.25µg (1.66%)