



Smothered Green Beans II

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

READY IN



140 min.

SERVINGS



6

CALORIES



426 kcal

SIDE DISH

Ingredients

- 1 pound bacon thick sliced cut into 1 inch pieces
- 0.3 cup brown sugar
- 4 cups green beans fresh trimmed
- 2 tablespoons garlic minced
- 2 large onions chopped
- 6 servings salt and pepper to taste
- 2 cups water
- 0.5 cup worcestershire sauce

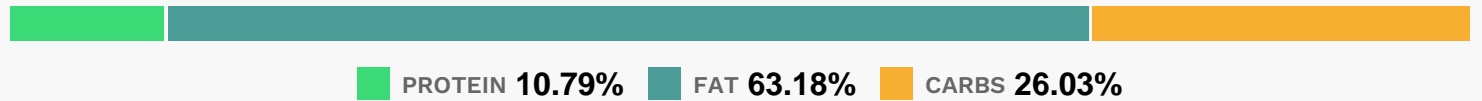
Equipment

- frying pan

Directions

- Heat a large skillet over medium heat.
- Add bacon, and cook until browned, but not yet crispy. Push bacon to the sides of the skillet and add the onions and garlic to the bacon grease. Cook and stir until onions are barely translucent. Stir in the green beans, and cook for 15 minutes, stirring occasionally.
- Pour in the water, and mix in the brown sugar, Worcestershire sauce, salt and pepper. Simmer over low heat uncovered until water has evaporated and green beans are tender, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:17.17, Glycemic Load:2.72, Inflammation Score:-6, Nutrition Score:12.733043504798%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg, Quercetin: 12.2mg

Nutrients (% of daily need)

Calories: 426.04kcal (21.3%), Fat: 30.23g (46.51%), Saturated Fat: 10.11g (63.2%), Carbohydrates: 28.02g (9.34%), Net Carbohydrates: 25.14g (9.14%), Sugar: 18.68g (20.76%), Cholesterol: 49.9mg (16.63%), Sodium: 1006.39mg (43.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.62g (23.23%), Vitamin K: 32.01µg (30.48%), Selenium: 16.53µg (23.61%), Vitamin B1: 0.31mg (20.88%), Vitamin B6: 0.4mg (20.13%), Vitamin C: 16.46mg (19.95%), Vitamin B3: 3.83mg (19.15%), Phosphorus: 169.55mg (16.95%), Potassium: 587.74mg (16.79%), Manganese: 0.28mg (14.21%), Iron: 2.52mg (13.99%), Fiber: 2.89g (11.54%), Vitamin A: 553.32IU (11.07%), Vitamin B2: 0.18mg (10.81%), Magnesium: 37.94mg (9.49%), Folate: 35.74µg (8.93%), Copper: 0.17mg (8.71%), Calcium: 84.39mg (8.44%), Zinc: 1.24mg (8.26%), Vitamin B5: 0.68mg (6.78%), Vitamin B12: 0.38µg (6.3%), Vitamin E: 0.66mg (4.37%), Vitamin D: 0.3µg (2.02%)