



Snappy Green Beans

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

READY IN



30 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

Ingredients

- 6 slices bacon
- 15 ounce cut green beans drained canned
- 1 cup onions chopped
- 3 tablespoons distilled vinegar white

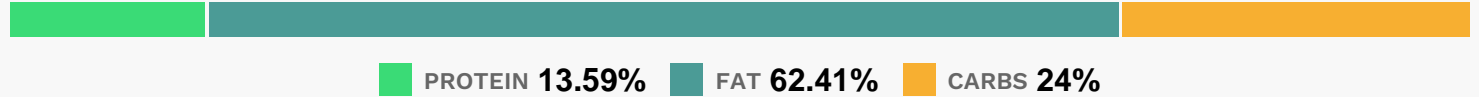
Equipment

- frying pan

Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- Saute onions in bacon grease; add vinegar, and saute until onions are tender.
- Add green beans and cook until heated through. Crumble the bacon on top.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:2.92, Inflammation Score:-7, Nutrition Score:10.357391217481%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 11.02mg, Quercetin: 11.02mg, Quercetin: 11.02mg, Quercetin: 11.02mg

Nutrients (% of daily need)

Calories: 188.73kcal (9.44%), Fat: 13.37g (20.57%), Saturated Fat: 4.46g (27.86%), Carbohydrates: 11.57g (3.86%), Net Carbohydrates: 8.02g (2.92%), Sugar: 5.17g (5.74%), Cholesterol: 21.78mg (7.26%), Sodium: 226.68mg (9.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.1%), Vitamin K: 45.87µg (43.69%), Vitamin C: 15.93mg (19.31%), Vitamin A: 746.55IU (14.93%), Manganese: 0.29mg (14.57%), Vitamin B6: 0.29mg (14.28%), Fiber: 3.55g (14.2%), Vitamin B1: 0.2mg (13.11%), Vitamin B3: 2.15mg (10.77%), Selenium: 7.53µg (10.76%), Folate: 42.68µg (10.67%), Phosphorus: 100mg (10%), Potassium: 348.3mg (9.95%), Vitamin B2: 0.15mg (8.71%), Magnesium: 34.66mg (8.66%), Iron: 1.32mg (7.32%), Copper: 0.1mg (5.18%), Calcium: 50.9mg (5.09%), Zinc: 0.71mg (4.76%), Vitamin B5: 0.47mg (4.72%), Vitamin E: 0.59mg (3.91%), Vitamin B12: 0.17µg (2.75%)