



Southern Fried Green Beans



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 5 slices bacon diced
- ☐ 30 ounce green beans drained canned
- ☐ 4 servings salt and pepper to taste
- ☐ 1 tablespoon sugar white

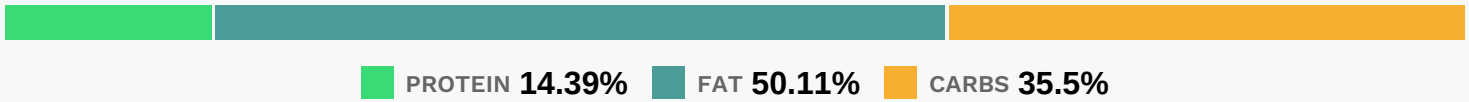
Equipment

- ☐ frying pan

Directions

- ☐
- Place the bacon in a skillet; cook over medium–high heat, turning occasionally, until evenly browned and crisp.
- ☐
- Mix the sugar and green beans into the bacon. Cook over medium–high heat until green beans become become soft and limp and start to caramelize.

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:6.27, Inflammation Score:-8, Nutrition Score:16.316086955692%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 192.14kcal (9.61%), Fat: 11.39g (17.53%), Saturated Fat: 3.76g (23.52%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 12.42g (4.52%), Sugar: 9.93g (11.03%), Cholesterol: 18.15mg (6.05%), Sodium: 388.63mg (16.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Vitamin K: 91.43µg (87.07%), Vitamin C: 25.94mg (31.44%), Vitamin A: 1477.26IU (29.55%), Manganese: 0.46mg (23.15%), Fiber: 5.74g (22.96%), Vitamin B6: 0.37mg (18.65%), Folate: 70.17µg (17.54%), Vitamin B1: 0.25mg (16.68%), Potassium: 503.18mg (14.38%), Vitamin B2: 0.24mg (14.35%), Magnesium: 56.46mg (14.12%), Vitamin B3: 2.67mg (13.33%), Iron: 2.31mg (12.81%), Phosphorus: 120.4mg (12.04%), Selenium: 6.82µg (9.75%), Calcium: 80.19mg (8.02%), Copper: 0.16mg (7.93%), Vitamin E: 0.99mg (6.6%), Vitamin B5: 0.63mg (6.31%), Zinc: 0.84mg (5.57%), Vitamin B12: 0.14µg (2.29%)