



Southern Green Beans

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon chopped
- ☐ 3 tablespoons butter
- ☐ 0.3 cup chicken broth
- ☐ 2 pounds green beans fresh trimmed
- ☐ 1 large clove garlic minced
- ☐ 8 small new potatoes diced
- ☐ 1 onion red chopped
- ☐ 8 servings salt and pepper to taste

☐ 1.5 teaspoons balsamic vinegar white

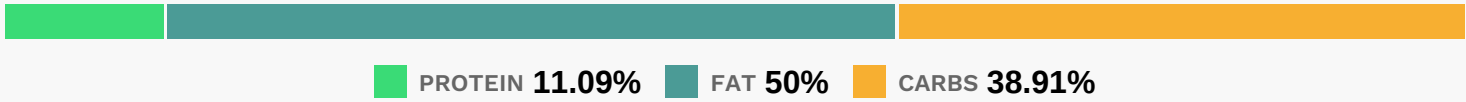
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Place the chopped bacon in a skillet, and cook over medium heat, stirring occasionally, until evenly browned, 8 to 10 minutes.
- ☐ Drain the bacon pieces on a paper towel-lined plate.
- ☐ Melt the butter in a skillet with a lid over medium-low heat, and cook and stir the onion until translucent, about 5 minutes. Stir in the cooked bacon, green beans, potatoes, garlic, and chicken broth. Bring to a boil, cover, and simmer over low heat until the green beans are tender, about 10 minutes.
- ☐ Sprinkle with vinegar, salt, and pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:35.84, Glycemic Load:9.79, Inflammation Score:-7, Nutrition Score:12.21391305457%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg, Quercetin: 6.29mg

Nutrients (% of daily need)

Calories: 192.05kcal (9.6%), Fat: 11.14g (17.13%), Saturated Fat: 4.97g (31.07%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 14.97g (5.44%), Sugar: 4.9g (5.44%), Cholesterol: 22.32mg (7.44%), Sodium: 375.02mg (16.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Vitamin K: 50.25µg (47.86%), Vitamin C: 26mg (31.52%), Vitamin B6: 0.39mg (19.51%), Vitamin A: 921.33IU (18.43%), Fiber: 4.54g (18.14%), Manganese: 0.36mg (18.08%), Potassium: 532.95mg (15.23%), Vitamin B1: 0.19mg (12.81%), Folate: 49.16µg (12.29%), Magnesium: 44.97mg (11.24%), Vitamin B3: 2.12mg (10.62%), Phosphorus: 105.06mg (10.51%), Iron: 1.72mg (9.57%), Vitamin B2:

0.16mg (9.38%), Copper: 0.15mg (7.68%), Selenium: 4.37µg (6.24%), Calcium: 55.27mg (5.53%), Vitamin B5:
0.54mg (5.38%), Vitamin E: 0.67mg (4.46%), Zinc: 0.67mg (4.45%), Vitamin B12: 0.09µg (1.55%)