



Southern Style Green Bean

 **Gluten Free**  **Popular**

READY IN



40 min.

SERVINGS



2

CALORIES



487 kcal

SIDE DISH

Ingredients

- 3 slices bacon cut into one inch slices
- 0.5 stick butter
- 2 servings green beans fresh
- 5 baby potatoes quartered ()
- 2 tsp parsley
- 0.5 tsp salt
- 1 tsp thyme leaves
- 1 medium onion white finely chopped

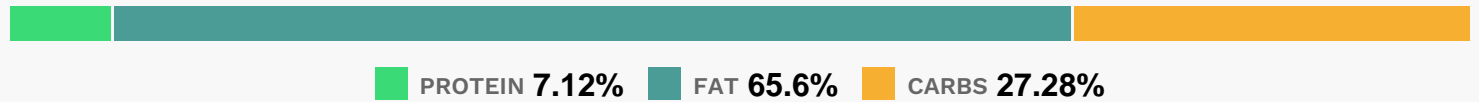
Equipment

pot

Directions

- In a medium pot on medium heat, melt butter and then place the bacon pieces into the pot. Allow to cook for a couple of minutes and then add in the onion, thyme, and parsley. Allow to cook for 10 minutes, stirring frequently.
- Add in the green beans and the quartered new potatoes and then cover with water and turn the heat up until they come to a boil. Once they start a small boil, turn the heat down to a simmer and cover. Cook for 20 minutes covered, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:141.88, Glycemic Load:20.15, Inflammation Score:-8, Nutrition Score:15.368695652174%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg

Nutrients (% of daily need)

Calories: 487.45kcal (24.37%), Fat: 36.32g (55.87%), Saturated Fat: 19g (118.73%), Carbohydrates: 33.97g (11.32%), Net Carbohydrates: 28.41g (10.33%), Sugar: 5.23g (5.82%), Cholesterol: 82.52mg (27.51%), Sodium: 995.47mg (43.28%), Protein: 8.87g (17.74%), Vitamin C: 39.13mg (47.43%), Vitamin B6: 0.65mg (32.33%), Vitamin K: 30.15µg (28.71%), Potassium: 860.98mg (24.6%), Vitamin A: 1129.01IU (22.58%), Fiber: 5.56g (22.24%), Manganese: 0.42mg (20.81%), Vitamin B1: 0.28mg (18.34%), Phosphorus: 171.43mg (17.14%), Vitamin B3: 3.29mg (16.45%), Magnesium: 56.68mg (14.17%), Folate: 52.18µg (13.04%), Copper: 0.23mg (11.36%), Selenium: 7.94µg (11.35%), Iron: 2mg (11.09%), Vitamin B2: 0.16mg (9.13%), Vitamin B5: 0.82mg (8.22%), Zinc: 1.06mg (7.04%), Vitamin E: 1.05mg (6.99%), Calcium: 60.35mg (6.03%), Vitamin B12: 0.21µg (3.55%)