



Spicy and Sweet Green Beans

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

READY IN



30 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

Ingredients

- 2 slices bacon diced
- 2 tablespoons brown sugar to taste
- 0.5 teaspoon chili powder
- 30 ounce french-cut green beans canned
- 1 pinch ground cinnamon to taste
- 1 dash ground nutmeg to taste
- 1 pinch salt to taste
- 0.5 onion sweet sliced

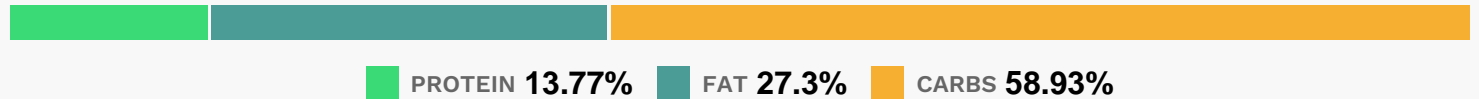
Equipment

- frying pan
- paper towels
- sauce pan
- slotted spoon

Directions

- Place the bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- Remove bacon with a slotted spoon to a plate lined with paper towel.
- Drain and discard liquid from 1 can of green beans; empty both cans into a saucepan over low heat. Bring to a simmer; add bacon and sweet onion.
- Increase heat to medium-low. Stir cinnamon, salt, and nutmeg into the green beans. Cook the mixture until the onions are transparent but not yet soft, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:2.82, Inflammation Score:-7, Nutrition Score:11.00217401787%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg, Quercetin: 7.87mg

Nutrients (% of daily need)

Calories: 99.98kcal (5%), Fat: 3.33g (5.12%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 11.99g (4.36%), Sugar: 9.95g (11.05%), Cholesterol: 4.84mg (1.61%), Sodium: 69.6mg (3.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin K: 61.22µg (58.31%), Vitamin C: 18.62mg (22.58%), Vitamin A: 1030.73IU (20.61%), Manganese: 0.34mg (17.2%), Fiber: 4.19g (16.74%), Folate: 53.34µg

(13.33%), Vitamin B6: 0.26mg (13.03%), Potassium: 355.73mg (10.16%), Magnesium: 39.73mg (9.93%), Vitamin B1: 0.15mg (9.92%), Vitamin B2: 0.16mg (9.44%), Iron: 1.63mg (9.04%), Phosphorus: 72.91mg (7.29%), Vitamin B3: 1.4mg (6.99%), Calcium: 62.84mg (6.28%), Copper: 0.12mg (6.09%), Vitamin E: 0.68mg (4.55%), Vitamin B5: 0.39mg (3.94%), Selenium: 2.55µg (3.64%), Zinc: 0.48mg (3.17%)