



## Stovetop Green Beans

READY IN



35 min.

SERVINGS



8

CALORIES



279 kcal

SIDE DISH

### Ingredients

- 10 slices bacon chopped
- 0.3 cup balsamic vinegar
- 0.5 cup bread crumbs dry to taste
- 3 pounds green beans fresh trimmed
- 6 cloves garlic
- 2 teaspoons ground pepper black
- 1.5 cups cheese blend shredded italian
- 1 onion chopped
- 2 teaspoons salt

1 cup water

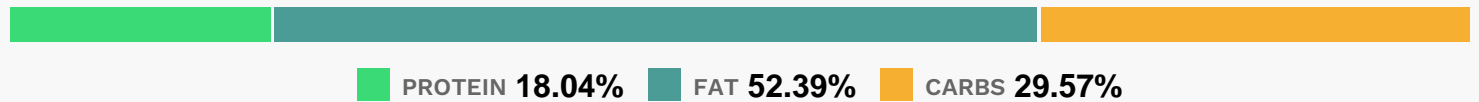
## Equipment

frying pan

## Directions

- Cook bacon in a large skillet over medium-high heat until some of the fat renders into the pan, about 5 minutes. Stir onion and garlic into the bacon and continue cooking until the bacon is crisp and the onion is translucent, about 5 minutes more.
- Stir green beans, water, vinegar, salt, and pepper into the bacon; cook at a simmer until the liquid is mostly evaporated, 10 to 12 minutes. Top with bread crumbs and cheese; stir gently.

## Nutrition Facts



## Properties

Glycemic Index:23.13, Glycemic Load:4.57, Inflammation Score:-8, Nutrition Score:15.701304145481%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

## Nutrients (% of daily need)

Calories: 278.6kcal (13.93%), Fat: 16.94g (26.06%), Saturated Fat: 4.68g (29.23%), Carbohydrates: 21.51g (7.17%), Net Carbohydrates: 16.2g (5.89%), Sugar: 7.76g (8.63%), Cholesterol: 22.35mg (7.45%), Sodium: 867.28mg (37.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.12g (26.24%), Vitamin K: 74.5µg (70.95%), Manganese: 0.56mg (28.18%), Vitamin C: 22.47mg (27.24%), Vitamin A: 1187.06IU (23.74%), Fiber: 5.3g (21.22%), Vitamin B1: 0.29mg (19.47%), Vitamin B6: 0.37mg (18.35%), Folate: 66.12µg (16.53%), Vitamin B3: 2.84mg (14.2%), Vitamin B2: 0.23mg (13.73%), Potassium: 471.37mg (13.47%), Magnesium: 52.79mg (13.2%), Iron: 2.37mg (13.16%), Calcium: 131.51mg (13.15%), Phosphorus: 125.11mg (12.51%), Selenium: 8.66µg (12.38%), Copper: 0.17mg (8.61%), Vitamin B5: 0.61mg (6.1%), Zinc: 0.9mg (5.98%), Vitamin E: 0.83mg (5.54%), Vitamin B12: 0.16µg (2.69%)