



Sweet-and-Sour Green Beans



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



10

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon cut into 1-inch pieces
- ☐ 2 tablespoons apple cider vinegar
- ☐ 32 oz green beans whole frozen
- ☐ 0.5 medium onion chopped
- ☐ 10 servings salt and pepper to taste
- ☐ 2 tablespoons sugar

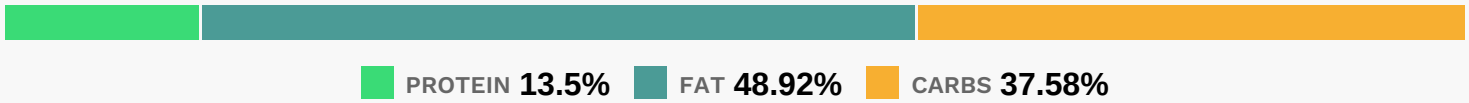
Equipment

- ☐ dutch oven

Directions

- ☐ Cook bacon and onion in a Dutch oven over medium heat, stirring often, 6 to 8 minutes or until browned.
- ☐ Transfer bacon mixture to a plate, reserving drippings in Dutch oven.
- ☐ Cook beans in hot drippings, stirring often, 8 to 10 minutes or to desired degree of tenderness. Stir in vinegar, sugar, and bacon mixture. Cook, stirring often, 3 minutes or until thoroughly heated. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:18.31, Glycemic Load:3.58, Inflammation Score:-6, Nutrition Score:7.2160868528097%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 95.24kcal (4.76%), Fat: 5.45g (8.39%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 6.88g (2.5%), Sugar: 5.6g (6.22%), Cholesterol: 8.71mg (2.9%), Sodium: 287.01mg (12.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.77%), Vitamin K: 39.03µg (37.17%), Vitamin C: 11.47mg (13.91%), Vitamin A: 630.95IU (12.62%), Manganese: 0.21mg (10.63%), Fiber: 2.54g (10.17%), Vitamin B6: 0.17mg (8.48%), Folate: 30.98µg (7.75%), Vitamin B1: 0.11mg (7.56%), Potassium: 227.86mg (6.51%), Vitamin B2: 0.11mg (6.29%), Magnesium: 24.97mg (6.24%), Vitamin B3: 1.2mg (6.02%), Iron: 1.01mg (5.61%), Phosphorus: 55.32mg (5.53%), Selenium: 3.24µg (4.63%), Calcium: 35.84mg (3.58%), Copper: 0.07mg (3.54%), Vitamin E: 0.43mg (2.87%), Vitamin B5: 0.28mg (2.84%), Zinc: 0.38mg (2.57%), Vitamin B12: 0.07µg (1.1%)