



Sweet-and-Sour Green Beans



Gluten Free



Dairy Free



Low Fod Map

READY IN



52 min.

SERVINGS



8

CALORIES



155 kcal

SIDE DISH

Ingredients

- ☐ 6 slices bacon chopped
- ☐ 2 pounds green beans fresh trimmed
- ☐ 0.5 cup red wine vinegar
- ☐ 0.5 cup sugar

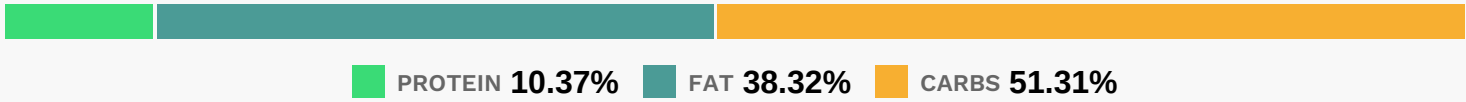
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook beans in boiling salted water to cover 9 minutes or until crisp-tender; drain. Plunge into salted ice water to stop the cooking process; drain.
- ☐ Cut beans into 1/8- to 1-inch-long pieces.
- ☐ Cook bacon in a large skillet over medium-high heat 5 to 6 minutes or until crisp; remove bacon, and drain on paper towels, reserving 1 Tbsp. drippings in skillet. Stir in sugar and vinegar; cook, stirring occasionally, 5 minutes or until sugar dissolves.
- ☐ Add beans and bacon to skillet, tossing to coat; cook 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:14.51, Glycemic Load:10.95, Inflammation Score:-6, Nutrition Score:8.8908695474915%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 154.92kcal (7.75%), Fat: 6.84g (10.52%), Saturated Fat: 2.25g (14.07%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 17.54g (6.38%), Sugar: 16.17g (17.97%), Cholesterol: 10.89mg (3.63%), Sodium: 117.35mg (5.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.33%), Vitamin K: 48.76µg (46.44%), Vitamin C: 13.91mg (16.86%), Vitamin A: 788.55IU (15.77%), Manganese: 0.25mg (12.71%), Fiber: 3.06g (12.25%), Vitamin B6: 0.2mg (10.19%), Folate: 37.42µg (9.36%), Vitamin B1: 0.14mg (9.24%), Potassium: 278.02mg (7.94%), Vitamin B2: 0.13mg (7.86%), Magnesium: 30.93mg (7.73%), Vitamin B3: 1.5mg (7.48%), Iron: 1.31mg (7.27%), Phosphorus: 68.05mg (6.8%), Selenium: 4.07µg (5.82%), Calcium: 43.8mg (4.38%), Copper: 0.09mg (4.38%), Vitamin E: 0.54mg (3.57%), Vitamin B5: 0.35mg (3.47%), Zinc: 0.47mg (3.15%), Vitamin B12: 0.08µg (1.38%)