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Green Beans With Bacon and Mushrooms ••

Green Beans With Bacon and Mushrooms is a delicious side dish that combines the flavors of crispy bacon, tender green beans, and savory mushrooms. It can be served as a side dish for a variety of meals and is perfect for any occasion. The dish is easy to prepare and can be enjoyed by both meat lovers and vegetarians.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Green beans
100 g	bacon
200 g	Mushrooms
1 tsp	salt

0.5 tsp black pepper

0.5 tsp garlic powder

2 tbsp olive oil

Directions

Step 1

Cut

Trim the ends of the green beans and cut them into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Frying

Cook the bacon in a large skillet over medium heat until crispy. Remove the bacon from the skillet and set aside.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Sautéing

In the same skillet, add the mushrooms and cook until they release their moisture and become golden brown.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Sautéing

Add the green beans to the skillet and season with salt, black pepper, and garlic powder. Cook for 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Sautéing

Crumble the cooked bacon and sprinkle it over the green beans and mushrooms. Cook for an additional 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Serving

Serve the green beans with bacon and mushrooms hot as a side dish.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 6 g

Protein: 10 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	6 g	21.43%	24%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	15 mg	0.44%	0.58%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Events

Picnic

Cuisines

Italian

French

Thai

Greek

Vietnamese

Middle Eastern

Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Course

Appetizers

Side Dishes

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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