

Fresh Green Bean Bundles

The bundles for this recipe can be made a few hours in advance and kept in the refrigerator until ready to bake.

1 lb green beans (fresh or frozen)	1/3 cup brown sugar
1/2 lb bacon	1/3 cup butter
non-stick cooking spray	1 tsp garlic salt
Sauce	

Procedure

1. BUNDLES: Place green beans in water and bring to a boil for about 3 to 4 minutes. 2. Drain and rinse in cold water to stop cooking process. 3. Wrap bundle of green beans (approximately 10 beans) with 1/2 strip of bacon and place seam side down in a baking dish that has been sprayed with non-stick cooking spray. SAUCE: 4. In a saucepan melt the butter, add the brown sugar and garlic salt. 5. Cook over medium heat, stirring constantly until sauce is thickened, around 5 to 10 minutes. 6. Pour sauce over green beans bundles and bake uncovered at 350° for about 50 to 60 minutes or until bacon is browned.

Servings: 10

Yield: 1 bundle

Degree of Difficulty: Moderately difficult

Preparation Time: 25 minutes

Cooking Time: 1 hour

Nutrition Facts

Serving size: 1/10 of a recipe (2.9 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 1500 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	94.19
Calories From Fat (88%)	82.85
% Daily Value	
Total Fat 4.42g	9%
Saturated Fat 1.09g	7%
Cholesterol 16.56mg	7%
Sodium 375.84mg	21%
Potassium 113.98mg	4%
Total Carbohydrates 12.78g	6%
Fiber 1.35g	7%
Protein 1.03g	3%

Recipe Type

Holiday, Veggies

This recipe was downloaded (free) from www.recipesworld.org.

Feel free to pass it around to your friends.