

# Bacon-Wrapped Green Bean Bundles

*Publix Holiday Recipes Flyer  
Publix Aprons*

## Servings: 4

*canola oil spray  
1 package (8 ounce) fresh Publix  
microwave-in-bag French green beans  
1 - 2 shallots, finely chopped  
3 tablespoons light soy sauce  
2 tablespoons brown sugar  
1/2 teaspoon pepper, divided  
2 tablespoons unsalted butter  
8 slices fully-cooked bacon  
1/4 teaspoon Kosher salt*

Preheat the oven to 350 degrees.

Coat a baking sheet with spray.

Microwave the green beans following package directions.

Chop the shallots (two tablespoons) and combine with the soy sauce, brown sugar and 1/4 teaspoon of the pepper in a medium saucepan on medium low. Simmer and stir for 2 to 3 minutes or until the consistency of syrup. Remove from the heat. Whisk in the butter until blended.

Gather ten to twelve beans into a bundle. Wrap one bacon slice around the center and place seam side down on the baking sheet. Repeat with the remaining beans. Coat the top of the beans with spray. Season with salt and the remaining 1/4 teaspoon of pepper.

Bake for 7 to 8 minutes or until the bacon is lightly crisped.

Glaze the beans with one-half of the soy mixture.

Bake for 2 more minutes.

Remove the beans from the oven and brush with the remaining half of the glaze. Serve.

Start to Finish Time: 25 minutes

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Per Serving (excluding unknown items): 78 Calories; 6g Fat (66.1% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 574mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat; 1/2 Other Carbohydrates.

Side Dishes

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	78	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	66.1%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	29.3%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	4.6%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	6g	<b>Folacin (mcg):</b>	1mcg
<b>Saturated Fat (g):</b>	4g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	2g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	16mg	<b>% Refuse:</b>	0 0%
<b>Carbohydrate (g):</b>	6g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	1g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	574mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	29mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	8mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	1
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	1/2
<b>Vitamin C (mg):</b>	trace		
<b>Vitamin A (i.u.):</b>	529IU		
<b>Vitamin A (r.e.):</b>	84 1/2RE		

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 78 Calories from Fat: 51

### % Daily Values\*

<b>Total Fat</b> 6g	9%
Saturated Fat 4g	18%
<b>Cholesterol</b> 16mg	5%
<b>Sodium</b> 574mg	24%
<b>Total Carbohydrates</b> 6g	2%
Dietary Fiber trace	0%
<b>Protein</b> 1g	
<b>Vitamin A</b>	11%
<b>Vitamin C</b>	0%
<b>Calcium</b>	1%
<b>Iron</b>	1%

\* Percent Daily Values are based on a 2000 calorie diet.