

Badlands Style Green Beans

*Cedar Pass Lodge - Interior, SD
The Great Country Inns of America Cookbook (2nd ed) (1992)*

8 slices bacon, diced
1/2 cup onion, chopped
2 cans (16 ounce ea) green beans with
juice
1/3 cup vinegar
1/4 cup butter
2 tablespoons sugar
1/4 teaspoon salt
1/8 teaspoon pepper

In a skillet, fry the bacon and onion until the
bacon is crisp. Add to the green beans (grease
and all).

Add the vinegar, butter, sugar, salt and pepper.

Heat all together.

Per Serving (excluding unknown
items): 837 Calories; 71g Fat
(74.8% calories from fat); 17g
Protein; 37g Carbohydrate; 2g
Dietary Fiber; 167mg Cholesterol;
1813mg Sodium. Exchanges: 0
Grain(Starch); 2 Lean Meat; 1
Vegetable; 13 Fat; 2 Other
Carbohydrates.

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Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	837
% Calories from Fat:	74.8%
% Calories from Carbohydrates:	17.3%
% Calories from Protein:	7.9%
Total Fat (g):	71g
Saturated Fat (g):	37g
Monounsaturated Fat (g):	25g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	167mg
Carbohydrate (g):	37g
Dietary Fiber (g):	2g
Protein (g):	17g
Sodium (mg):	1813mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	19mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	n/a%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	1

Potassium (mg): 469mg
Calcium (mg): 45mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 22mg
Vitamin A (i.u.): 1734IU
Vitamin A (r.e.): 429 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 13
Other Carbohydrates: 2

Nutrition Facts

Amount Per Serving

Calories 837 Calories from Fat: 626

% Daily Values*

Total Fat	71g	109%
Saturated Fat	37g	187%
Cholesterol	167mg	56%
Sodium	1813mg	76%
Total Carbohydrates	37g	12%
Dietary Fiber	2g	6%
Protein	17g	
Vitamin A		35%
Vitamin C		37%
Calcium		5%
Iron		9%

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