



A New Green Bean Casserole

 **Gluten Free**

READY IN



80 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons balsamic vinegar
- 1 teaspoon basil dried
- 1.5 pounds green beans fresh trimmed
- 3 cloves garlic chopped
- 6 servings grape tomatoes halved
- 4 cups onions sliced
- 1 teaspoon oregano dried
- 0.3 cup parmesan cheese shredded to taste

2 teaspoons sugar white

Equipment

frying pan

oven

pot

Directions

Bring a large pot of lightly salted water to a boil; cook green beans at a boil until tender yet firm to the bite, 5 to 10 minutes; drain and transfer to a 9x13-inch dish.

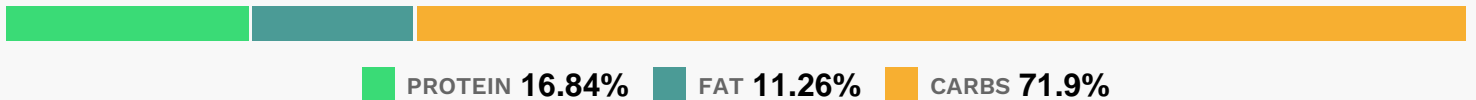
Cook and stir onions, vinegar, garlic, sugar, basil, and oregano in a skillet over medium heat until onions are softened and translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until onions are very tender and dark brown, 15 to 20 minutes more.

Preheat oven to 400 degrees F (200 degrees C).

Spread onion mixture over green beans and top with Parmesan cheese. Arrange tomatoes, cut sides down, atop Parmesan cheese layer.

Bake in the preheated oven until cheese is melted and bubbling, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:48.85, Glycemic Load:6, Inflammation Score:-8, Nutrition Score:11.892608630268%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 24.78mg, Quercetin: 24.78mg, Quercetin: 24.78mg, Quercetin: 24.78mg

Nutrients (% of daily need)

Calories: 107.67kcal (5.38%), Fat: 1.47g (2.26%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 15.96g (5.8%), Sugar: 10.44g (11.6%), Cholesterol: 2.83mg (0.94%), Sodium: 79.58mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.87%), Vitamin K: 54.29µg (51.71%), Vitamin C: 22.34mg (27.08%), Manganese: 0.45mg (22.48%), Fiber: 5.12g (20.49%), Vitamin A: 832.5IU (16.65%), Vitamin B6: 0.32mg (15.84%), Folate: 59.48µg (14.87%), Calcium: 129.15mg (12.91%), Potassium: 421.8mg (12.05%), Magnesium: 44.06mg (11.01%), Phosphorus: 107.44mg (10.74%), Vitamin B1: 0.15mg (9.85%), Iron: 1.77mg (9.81%), Vitamin B2: 0.17mg (9.79%), Copper: 0.13mg (6.67%), Vitamin B3: 1.01mg (5.04%), Vitamin B5: 0.42mg (4.2%), Zinc: 0.61mg (4.08%), Vitamin E: 0.58mg (3.87%), Selenium: 2.39µg (3.42%)