



Best Ever Green Bean Casserole

 Vegetarian

READY IN



70 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 cup chicken broth
- 0.3 cup flour all-purpose
- 2 tablespoons flour all-purpose
- 1 pound green beans fresh rinsed trimmed halved
- 2 cloves garlic minced
- 1 cup half-and-half
- 1 teaspoon kosher salt

- 2 tablespoons kosher salt divided
- 12 ounces mushrooms trimmed cut into 1/2-inch pieces
- 0.3 teaspoon nutmeg freshly ground
- 2 medium onions thinly sliced
- 2 tablespoons panko bread crumbs
- 2 tablespoons butter unsalted

Equipment

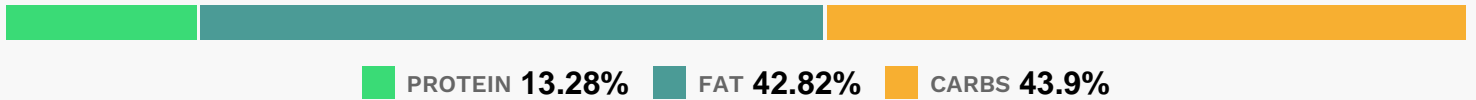
- bowl
- frying pan
- sauce pan
- oven
- mixing bowl
- colander

Directions

- Watch how to make this recipe.
- Preheat the oven to 475 degrees F.
- Combine the onions, flour, panko and salt in a large mixing bowl and toss to combine. Coat a sheet pan with nonstick cooking spray and evenly spread the onions on the pan.
- Place the pan on the middle rack of the oven and bake until golden brown, approximately 30 minutes. Toss the onions 2 to 3 times during cooking. Once done, remove from the oven and set aside until ready to use. Turn the oven down to 400 degrees F.
- While the onions are cooking, prepare the beans. Bring a gallon of water and 2 tablespoons of salt to a boil in an 8-quart saucepan.
- Add the beans and blanch for 5 minutes.
- Drain in a colander and immediately plunge the beans into a large bowl of ice water to stop the cooking.
- Drain and set aside.
- Melt the butter in a 12-inch cast iron skillet set over medium-high heat.

- Add the mushrooms, 1 teaspoon salt and pepper and cook, stirring occasionally, until the mushrooms begin to give up some of their liquid, approximately 4 to 5 minutes.
- Add the garlic and nutmeg and continue to cook for another 1 to 2 minutes.
- Sprinkle the flour over the mixture and stir to combine. Cook for 1 minute.
- Add the broth and simmer for 1 minute. Decrease the heat to medium-low and add the half-and-half. Cook until the mixture thickens, stirring occasionally, approximately 6 to 8 minutes.
- Remove from the heat and stir in 1/4 of the onions and all of the green beans. Top with the remaining onions.
- Place into the oven and bake until bubbly, approximately 15 minutes.
- Remove and serve immediately.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:7.04, Inflammation Score:-7, Nutrition Score:13.015652169352%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg

Nutrients (% of daily need)

Calories: 182.79kcal (9.14%), Fat: 9.19g (14.15%), Saturated Fat: 5.4g (33.73%), Carbohydrates: 21.21g (7.07%), Net Carbohydrates: 17.54g (6.38%), Sugar: 7.24g (8.05%), Cholesterol: 24.93mg (8.31%), Sodium: 2917.09mg (126.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.84%), Vitamin K: 34.04µg (32.42%), Vitamin B2: 0.47mg (27.79%), Manganese: 0.39mg (19.32%), Vitamin B3: 3.46mg (17.31%), Vitamin C: 13.8mg (16.73%), Vitamin B1: 0.24mg (16.04%), Selenium: 11.02µg (15.74%), Vitamin A: 783.63IU (15.67%), Folate: 60.7µg (15.17%), Fiber: 3.67g (14.68%), Phosphorus: 144.92mg (14.49%), Copper: 0.28mg (14.24%), Potassium: 476.62mg (13.62%), Vitamin B6: 0.25mg (12.52%), Vitamin B5: 1.25mg (12.5%), Iron: 1.77mg (9.81%), Calcium: 95.59mg (9.56%), Magnesium: 36.07mg (9.02%), Zinc: 0.85mg (5.68%), Vitamin E: 0.56mg (3.72%), Vitamin B12: 0.13µg (2.11%), Vitamin D: 0.18µg (1.22%)