



Creamy Green Beans and Mushrooms



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

Ingredients

- ☐ 1 pound green beans fresh frozen cut into 1-inch pieces (if , remove ends, if get pre-cut)
- ☐ 1 pound mushrooms sliced (cremini, button, shiitake)
- ☐ 4 servings salt
- ☐ 0.5 cup onions chopped
- ☐ 2 Tbs butter
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 4 servings pepper black freshly ground
- ☐ 2 Tbsp freshly parsley chopped for garnish

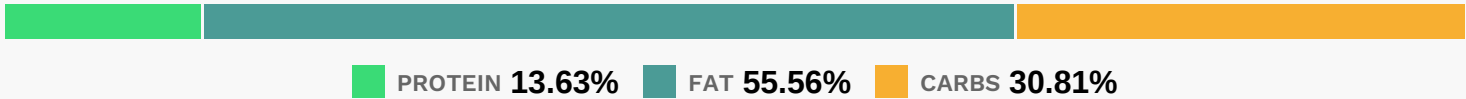
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Boil salted water: Put 2 quarts of water, salted with 1 tablespoon of salt, in a pot to boil while you cut the mushrooms and onions.
- ☐ Heat a large sauté pan on medium high heat.
- ☐ Add the mushrooms to the pan and dry sauté them until they begin to release their water.
- ☐ Sprinkle them with a little salt. Once they have released most of their water, remove them to a bowl and set aside.
- ☐ Boil green beans in salted water:
- ☐ Add the green beans to the boiling water, and time them for 5 minutes, or until just tender. (No need to defrost frozen beans.)
- ☐ Cook onions:
- ☐ Add butter to the hot sauté pan. Once the butter has melted, add the onions. Cook until the onions are beginning to brown.
- ☐ Add green beans and mushrooms to pan with onions: As soon as the green beans are cooked just tender, strain them.
- ☐ Add the mushrooms to the pan with the onions, then add the green beans.
- ☐ Add sour cream, salt, pepper:
- ☐ Remove from heat. Stir in the sour cream.
- ☐ Sprinkle with salt and freshly ground black pepper. Taste and add more salt if needed.
- ☐ Sprinkle with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:3.49, Inflammation Score:-8, Nutrition Score:18.052173977313%

Flavonoids

Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 176.87kcal (8.84%), Fat: 12.01g (18.48%), Saturated Fat: 6.68g (41.74%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 10.36g (3.77%), Sugar: 7.79g (8.66%), Cholesterol: 32.23mg (10.74%), Sodium: 262.71mg (11.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.26%), Vitamin K: 81.09µg (77.23%), Vitamin B2: 0.63mg (37.17%), Vitamin A: 1299.99IU (26%), Vitamin B3: 5.01mg (25.02%), Vitamin C: 20.48mg (24.83%), Copper: 0.46mg (22.81%), Vitamin B5: 2.09mg (20.91%), Potassium: 678.61mg (19.39%), Fiber: 4.62g (18.49%), Selenium: 12.47µg (17.81%), Manganese: 0.34mg (17.17%), Phosphorus: 171.23mg (17.12%), Folate: 65.34µg (16.34%), Vitamin B6: 0.32mg (15.79%), Vitamin B1: 0.2mg (13.46%), Magnesium: 44.7mg (11.17%), Iron: 1.93mg (10.71%), Calcium: 83.89mg (8.39%), Zinc: 1.02mg (6.79%), Vitamin E: 0.77mg (5.13%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.23µg (1.51%)