



Deconstructed Green Bean Casserole

 Popular

READY IN



40 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup chicken broth
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons flour
- ☐ 0.3 cup fried onions french
- ☐ 1 clove garlic chopped
- ☐ 1 pounds green beans trimmed
- ☐ 0.5 cup gruyere cheese grated

- ☐ 0.3 cup heavy cream
- ☐ 8 ounces mushrooms sliced
- ☐ 1 small onion diced
- ☐ 8 servings salt and pepper to taste
- ☐ 0.5 teaspoon thyme leaves chopped

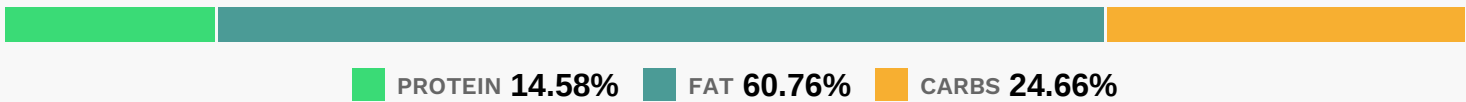
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Melt the butter in a pan over medium heat.
- ☐ Add the onions and cook until tender, about 5–7 minutes.
- ☐ Add the mushrooms and saute until the mushrooms start to caramelize, about 10–15 minutes.
- ☐ Add the garlic and thyme and saute until fragrant, about a minute.
- ☐ Sprinkle then mix the flour in and cook for another 2 minutes.
- ☐ Add the white wine and deglaze the pan.
- ☐ Add the broth and cream and simmer until it thickened, about 2–3 minutes.
- ☐ Add the cheese and let it melt, season with salt and pepper and remove from heat. Bring a large pot of water to boil, add the green beans, cook until they just start to turn tender and plunge them into cold water.
- ☐ Serve the green beans topped with mushroom sauce and french fried onions.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:2.61, Inflammation Score:-6, Nutrition Score:7.8730434127476%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 137.25kcal (6.86%), Fat: 9.32g (14.34%), Saturated Fat: 5.48g (34.28%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 6.47g (2.35%), Sugar: 3.17g (3.53%), Cholesterol: 25.3mg (8.43%), Sodium: 351.93mg (15.3%), Alcohol: 0.77g (100%), Alcohol %: 0.7% (100%), Protein: 5.03g (10.07%), Vitamin K: 25.16µg (23.97%), Vitamin B2: 0.23mg (13.74%), Vitamin A: 672.67IU (13.45%), Calcium: 115.76mg (11.58%), Phosphorus: 108.2mg (10.82%), Vitamin C: 8.52mg (10.33%), Manganese: 0.19mg (9.29%), Fiber: 2.04g (8.16%), Vitamin B3: 1.62mg (8.1%), Folate: 29.99µg (7.5%), Selenium: 5.23µg (7.47%), Copper: 0.14mg (7.17%), Potassium: 249.43mg (7.13%), Vitamin B6: 0.14mg (6.95%), Vitamin B1: 0.1mg (6.61%), Vitamin B5: 0.65mg (6.48%), Magnesium: 22.77mg (5.69%), Iron: 0.91mg (5.08%), Zinc: 0.68mg (4.54%), Vitamin E: 0.42mg (2.78%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.23µg (1.5%)