



Family Fresh Green Bean Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



245 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons baby portobello mushrooms cleaned finely chopped
- ☐ 8 servings pepper black freshly ground
- ☐ 4 tablespoons butter divided
- ☐ 1.5 cups cornflakes recommended: Corn Flakes
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 pounds green beans fresh french ends trimmed
- ☐ 8 servings kosher salt
- ☐ 0.5 pound mozzarella cheese grated

- ☐ 8 ounces cup heavy whipping cream sour
- ☐ 2 tablespoons vidalia onion finely chopped

Equipment

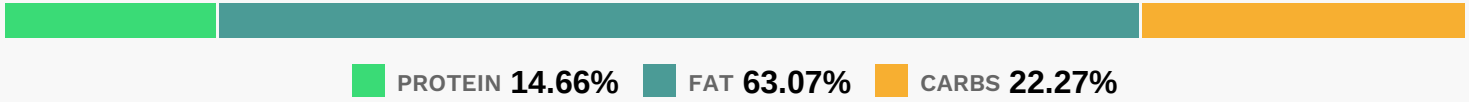
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Bring a large pot of salted water to a boil over medium heat.
- ☐ Add the beans and cook for until just tender but still firm, about 5 to 7 minutes.
- ☐ Remove the beans from the water to a large bowl of ice water to preserve color and stop the cooking.
- ☐ Drain the beans and set aside.
- ☐ Melt 2 tablespoons of the butter in a large skillet over medium-high heat.
- ☐ Add the onions and saute until translucent. Stir in the mushrooms, season with salt and pepper, to taste, and saute about 3 to 5 minutes.
- ☐ Add the flour and stir for another minute, to cook out the raw flour taste, and then whisk in the sour cream. Simmer for just a couple of minutes to bring the flavors together and taste for seasoning.
- ☐ Cut the green beans into 2-inch pieces. Melt the remaining 2 tablespoons of butter in a small pan. Crush the cereal flakes in a resealable plastic bag and add them to the pan with the butter. Toss to coat.
- ☐ Spread the green beans over the bottom of a 9-inch casserole dish.

- ☐
- Pour all of the mushroom sauce mixture over the beans and top with the grated cheese.
- ☐
- Sprinkle with the buttered cereal flakes and bake in the preheated 400 degree F oven, until light golden brown and bubbly, approximately 20 minutes.
- ☐
- Remove from the oven and serve.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:2.89, Inflammation Score:-7, Nutrition Score:12.29869571976%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 245.17kcal (12.26%), Fat: 17.76g (27.32%), Saturated Fat: 10.24g (64.03%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 11.49g (4.18%), Sugar: 4.76g (5.29%), Cholesterol: 54.17mg (18.06%), Sodium: 469.31mg (20.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.29g (18.58%), Vitamin K: 38.31µg (36.49%), Vitamin A: 1224.36IU (24.49%), Calcium: 206.66mg (20.67%), Vitamin B2: 0.31mg (18.43%), Phosphorus: 168.11mg (16.81%), Vitamin B12: 0.98µg (16.37%), Iron: 2.66mg (14.75%), Vitamin C: 11.85mg (14.37%), Folate: 55.76µg (13.94%), Vitamin B6: 0.25mg (12.3%), Selenium: 8.23µg (11.75%), Manganese: 0.23mg (11.73%), Vitamin B1: 0.17mg (11.51%), Fiber: 2.62g (10.46%), Vitamin B3: 1.9mg (9.52%), Magnesium: 32.77mg (8.19%), Zinc: 1.22mg (8.15%), Potassium: 266.74mg (7.62%), Copper: 0.09mg (4.67%), Vitamin E: 0.68mg (4.55%), Vitamin B5: 0.4mg (4.01%), Vitamin D: 0.31µg (2.09%)