



## Fresh Green Bean Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups baby bella mushrooms sliced
- 0.3 cup pepper black
- 1 tablespoon canola oil
- 2 tablespoons cornstarch
- 0.3 cup garlic powder
- 5 cups green beans sliced
- 1 cup kosher salt
- 0.5 cup cup heavy whipping cream sour reduced-fat
- 4.3 cups chicken broth low-sodium

- 1.5 cups onions diced
- 1 cup panko breadcrumbs
- 1 cup parmesan grated
- 0.5 teaspoon salt

## Equipment

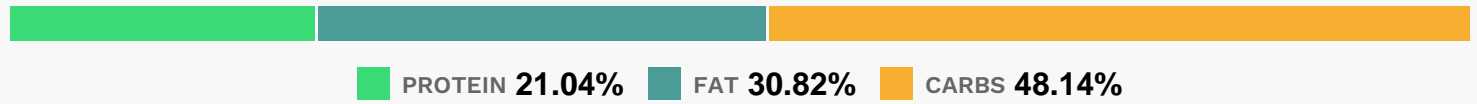
- bowl
- frying pan
- oven
- whisk
- pot
- baking pan

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F. Spray a 1 1/2-quart baking dish with nonstick spray.
- Boil the green beans in the chicken broth for about 20 minutes, and then drain, reserving 1 1/2 cups of the chicken broth.
- Meanwhile, mix together the breadcrumbs, Parmesan and 2 teaspoons of the oil in a small bowl. Set aside.
- Heat the remaining 1 tablespoon oil in a large skillet over medium heat.
- Saute the onions until translucent, 2 to 3 minutes, and then add the mushrooms and continue to cook for 3 to 4 minutes longer.
- Remove from the heat.
- Pour the reserved 1 1/2 cups chicken broth back into the pot the green beans boiled in and bring to a boil.
- Add the green beans to the skillet with the mushrooms and onions.
- While that is coming to a boil, combine the cornstarch and 1/4 cup water in a small bowl to make a slurry. Slowly pour the slurry into the boiling broth, whisking constantly as it thickens, about 2 minutes.

- Pour the thickened mixture over the green beans and add the sour cream, House Seasoning and salt. Stir well.
- Pour into the baking dish and sprinkle with the panko and cheese mixture.
- Bake until the casserole is hot, about 10 minutes, and then broil until the breadcrumb topping is slightly browned, 1 to 2 minutes.
- Mix together the salt, garlic powder and pepper.

## Nutrition Facts



### Properties

Glycemic Index:22.83, Glycemic Load:4.3, Inflammation Score:-8, Nutrition Score:23.221739240315%

### Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 10.62mg, Quercetin: 10.62mg, Quercetin: 10.62mg, Quercetin: 10.62mg

### Nutrients (% of daily need)

Calories: 295.5kcal (14.78%), Fat: 10.86g (16.71%), Saturated Fat: 4.82g (30.12%), Carbohydrates: 38.17g (12.72%), Net Carbohydrates: 31.01g (11.28%), Sugar: 6.41g (7.13%), Cholesterol: 18.04mg (6.01%), Sodium: 19478.94mg (846.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.69g (33.38%), Manganese: 1.78mg (89.16%), Vitamin K: 58.46µg (55.67%), Calcium: 360.09mg (36.01%), Phosphorus: 327.89mg (32.79%), Fiber: 7.15g (28.62%), Copper: 0.52mg (25.89%), Vitamin B2: 0.42mg (24.95%), Vitamin B3: 4.83mg (24.17%), Selenium: 16.82µg (24.02%), Potassium: 831.29mg (23.75%), Vitamin B6: 0.44mg (22.16%), Iron: 3.8mg (21.1%), Vitamin B1: 0.28mg (18.72%), Vitamin A: 880.26IU (17.61%), Vitamin C: 14.43mg (17.5%), Magnesium: 69.32mg (17.33%), Folate: 64.13µg (16.03%), Zinc: 1.88mg (12.54%), Vitamin B5: 0.96mg (9.57%), Vitamin B12: 0.51µg (8.44%), Vitamin E: 1.07mg (7.1%)