



Green Bean Amandine



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 1 cup almonds lightly toasted sliced
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon rosemary leaves fresh coarsely chopped
- ☐ 2 cloves garlic minced peeled
- ☐ 3 pounds green beans trimmed
- ☐ 0.5 cup heavy whipping cream
- ☐ 1.5 teaspoons kosher salt

- ☐ 0.5 cup chicken broth low-sodium
- ☐ 0.5 cup red-wine vinegar
- ☐ 0.3 cup shallots sliced
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup cheddar cheese white extra-sharp freshly grated

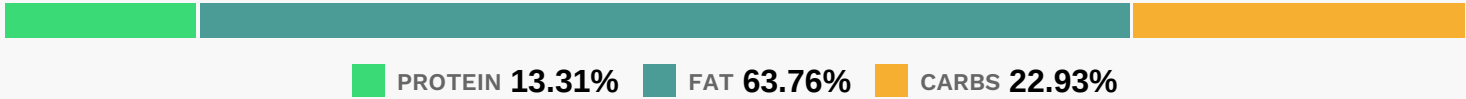
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ wok
- ☐ tongs

Directions

- ☐ Preheat the oven to 375°F.
- ☐ In a large sauté pan or wok over moderate heat, warm the oil.
- ☐ Add the shallots and sauté, stirring occasionally, for 2 minutes.
- ☐ Add the garlic and sauté, stirring occasionally, for 1 minute.
- ☐ Add the green beans, along with the vinegar, salt, and pepper, and continue to cook, stirring occasionally, for 1 minute.
- ☐ Add the chicken stock and cook, tossing occasionally, until the green beans are crisp-tender, about 4 minutes. Using tongs, lift the green beans from the pan and transfer to the baking dish; set aside.
- ☐ Add the heavy cream and rosemary to the sauté pan and bring to a simmer. Continue simmering until slightly reduced, about 2 minutes.
- ☐ Add the butter and stir until melted, then pour the mixture over the green beans. DO AHEAD: The green beans can be prepared up to this point, covered, and kept at room temperature for 1 hour.
- ☐ Sprinkle the almonds and Cheddar over the green beans and bake until the cheese is melted and the green beans are hot, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:2.63, Inflammation Score:-7, Nutrition Score:12.492173915324%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 186.91kcal (9.35%), Fat: 13.99g (21.52%), Saturated Fat: 5.74g (35.89%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 7.09g (2.58%), Sugar: 4.76g (5.29%), Cholesterol: 25.64mg (8.55%), Sodium: 366.54mg (15.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.14%), Vitamin K: 50.62µg (48.21%), Manganese: 0.47mg (23.53%), Vitamin A: 1082.36IU (21.65%), Vitamin E: 2.85mg (19.01%), Vitamin C: 14.5mg (17.57%), Fiber: 4.23g (16.93%), Vitamin B2: 0.27mg (15.95%), Calcium: 140.93mg (14.09%), Phosphorus: 137.15mg (13.71%), Magnesium: 54.29mg (13.57%), Folate: 44.97µg (11.24%), Vitamin B6: 0.21mg (10.26%), Potassium: 345.84mg (9.88%), Iron: 1.63mg (9.06%), Copper: 0.18mg (8.8%), Vitamin B1: 0.12mg (7.84%), Vitamin B3: 1.27mg (6.36%), Zinc: 0.92mg (6.16%), Selenium: 4.12µg (5.89%), Vitamin B5: 0.38mg (3.78%), Vitamin B12: 0.13µg (2.16%), Vitamin D: 0.25µg (1.67%)