



## Green Bean Casserole

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup brandy
- 0.3 cup chicken broth
- 2 teaspoons thyme leaves fresh chopped
- 2 cloves garlic minced
- 1 pound green beans ends trimmed
- 6 servings kosher salt and pepper black freshly ground
- 8 ounces mushrooms sliced
- 1 tablespoon olive oil

0.3 cup red wine

## Equipment

bowl

frying pan

paper towels

pot

blender

slotted spoon

deep fryer

## Directions

Watch how to make this recipe.

Cook green beans in boiling salted water until tender, about 3 or 4 minutes.

Drain well.

Heat olive oil in a large skillet over medium heat.

Add mushrooms and cook until browned, about 3 to 4 minutes.

Add the garlic and thyme. Season with salt and freshly ground black pepper, to taste. Cook until garlic is fragrant, about 1 minute.

Add brandy or cognac, red wine and chicken broth, bring to a boil. Simmer to blend flavors and reduce sauce, about 2 to 3 minutes.

Add green beans to mushroom sauce and toss to coat.

Place on a large serving dish, season again with salt and pepper, to taste.

Top with fried onions before serving.

quarts peanut oil, for frying

large red onions, thinly sliced and separated into rings

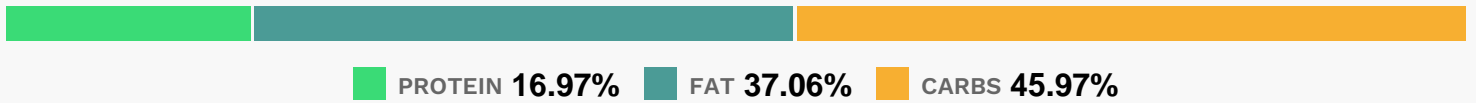
/2 cup buttermilk

cups arborio rice coating, recipe follows

Kosher salt

- Heat peanut oil in a deep fryer or deep pot to 375 degrees F.
- Put onion rings in a large bowl.
- Pour buttermilk over onions and toss to coat. Shake off the excess liquid.
- Dip onions into Arborio rice coating, covering thoroughly
- Fry the onions in small batches until crispy, about 2 minutes per batch. Scoop out with a slotted spoon and drain on paper towels. Set aside. Season with salt, to taste.
- cup arborio rice
- cups all-purpose flour
- cup semolina
- tablespoons fine salt
- teaspoon freshly ground black pepper
- Grind the rice in a blender or spice grinder to a very fine powder. Put it in a bowl and add the flour, semolina, salt and pepper. Toss until well blended. Store in a sealed container in the freezer for maximum freshness.

## Nutrition Facts



### Properties

Glycemic Index:35.83, Glycemic Load:1.95, Inflammation Score:-8, Nutrition Score:8.2934782945591%

### Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Malvidin: 1.85mg, Malvidin: 1.85mg, Malvidin: 1.85mg, Malvidin: 1.85mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 97.71kcal (4.89%), Fat: 2.67g (4.12%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 4.91g (1.78%), Sugar: 3.36g (3.74%), Cholesterol: 0.26mg (0.09%), Sodium: 55.83mg (2.43%), Alcohol: 5.87g (100%), Alcohol %: 4.73% (100%), Protein: 2.76g (5.51%), Vitamin K: 34.15µg (32.52%), Vitamin B2: 0.25mg (14.55%), Vitamin C: 11.4mg (13.81%), Manganese: 0.25mg (12.4%), Vitamin A: 554.47IU (11.09%), Fiber: 2.56g (10.24%), Vitamin B3: 2mg (10%), Copper: 0.19mg (9.33%), Potassium: 308.69mg (8.82%), Vitamin B6: 0.17mg (8.43%), Folate: 31.85µg (7.96%), Vitamin B5: 0.75mg (7.51%), Phosphorus: 67.75mg (6.78%), Iron: 1.2mg (6.66%), Vitamin B1: 0.1mg (6.62%), Magnesium: 25.52mg (6.38%), Selenium: 4.19µg (5.99%), Vitamin E: 0.66mg (4.38%), Calcium: 35.67mg (3.57%), Zinc: 0.44mg (2.91%)