



Green Bean Casserole

 Vegetarian

READY IN



105 min.

SERVINGS



10

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 servings pepper black freshly ground
- 12 ounces crimini mushrooms trimmed cut into small dice
- 0.3 cup flour all-purpose
- 2 pounds green beans ends trimmed cut into 1-1/2-inch pieces
- 1.5 teaspoons kosher salt plus more for seasoning
- 1.5 cups panko bread crumbs
- 9 tablespoons butter unsalted
- 1 quart milk whole at room temperature

- 1.5 cups onion yellow

Equipment

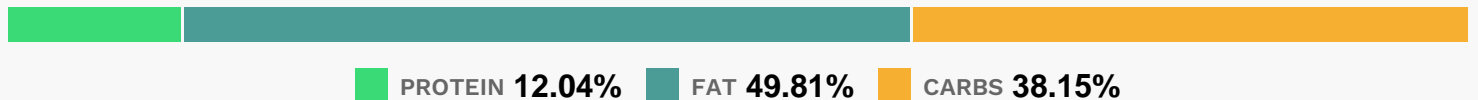
- bowl
- frying pan
- paper towels
- oven
- whisk
- wire rack
- pot
- baking pan
- colander

Directions

- Heat the oven to 350°F and arrange a rack in the middle.
- Place the panko in a large frying pan over medium heat and toast, stirring occasionally, until golden brown, about 10 minutes.
- Transfer to a small bowl and set aside. Wipe out the frying pan with paper towels, add 3 tablespoons of the butter, and melt over medium heat until foaming.
- Add the onion and cook, stirring occasionally, until just softened and starting to brown, about 15 minutes. Meanwhile, bring a large pot of heavily salted water to a boil over high heat.
- Add the green beans and cook until they're bright green and crisp tender, about 3 minutes. (They will not be fully cooked.)
- Drain in a colander and rinse under cold water until the beans are cooled, then set aside. Reserve the large pot. When the onions are ready, remove the frying pan from the heat.
- Remove 1/4 cup of the onions and set aside.
- Add the toasted panko to the pan with the remaining onions, season with salt and pepper, and stir to combine. Return the panko-onion mixture to the small bowl and set aside. Wipe out the frying pan with paper towels, add the remaining 6 tablespoons of butter, and melt over high heat until foaming.

- Add the mushrooms and cook, stirring occasionally, until browned and the liquid from the mushrooms is almost all evaporated, about 5 to 6 minutes. Reduce the heat to medium and add the reserved 1/4 cup of onions to the pan.
- Sprinkle with the flour, season with salt and pepper, and stir to coat the vegetables. Cook, stirring frequently, until the raw taste of the flour is cooked off, about 1 minute. Gradually whisk in the milk, add the measured salt, and bring to a simmer. Continue simmering, stirring often, until the mushroom mixture has thickened slightly, about 1 to 2 minutes more.
- Transfer the mushroom mixture to the reserved large pot, add the reserved green beans, and stir to combine. Taste and season with salt and pepper as needed.
- Transfer to a 13-by-9-inch baking dish and bake for 10 minutes.
- Remove the casserole from the oven, evenly sprinkle the reserved panko-onion mixture across the top, and continue baking until the casserole's bubbling around the edges and heated through, about 10 to 15 minutes more.
- Place the pan on a wire rack and let cool 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:6.27, Inflammation Score:-7, Nutrition Score:15.393043559531%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 243.3kcal (12.16%), Fat: 14.03g (21.58%), Saturated Fat: 8.41g (52.56%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 20.57g (7.48%), Sugar: 9.69g (10.77%), Cholesterol: 38.45mg (12.82%), Sodium: 460.6mg (20.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Vitamin K: 41.04µg (39.09%), Vitamin B2: 0.46mg (27.03%), Vitamin A: 1095.17IU (21.9%), Selenium: 15.12µg (21.6%), Manganese: 0.4mg (20.21%), Phosphorus: 200.37mg (20.04%), Vitamin B1: 0.29mg (19.41%), Calcium: 182.39mg (18.24%), Potassium: 547.34mg (15.64%), Vitamin C: 12.84mg (15.57%), Folate: 60.65µg (15.16%), Vitamin B3: 2.94mg (14.68%), Fiber: 3.6g (14.42%), Copper: 0.28mg (13.78%), Vitamin B6: 0.27mg (13.26%), Vitamin B5: 1.18mg (11.8%), Magnesium: 44.72mg (11.18%), Vitamin B12: 0.6µg (9.97%), Iron: 1.76mg (9.8%), Vitamin D: 1.26µg (8.43%), Zinc: 1.19mg (7.96%), Vitamin E: 0.73mg

(4.87%)