



Green Bean Casserole Makeover



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



538 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup butter melted
- ☐ 0.5 cup corn meal
- ☐ 1 eggs beaten
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 small jalapeño
- ☐ 0.5 cup i would have liked to use an version of masa but i couldn't find one at the time of making the tamal
- ☐ 0.5 cup milk

- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup queso fresco crumbled
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup sugar
- ☐ 1 large onion white sliced

Equipment

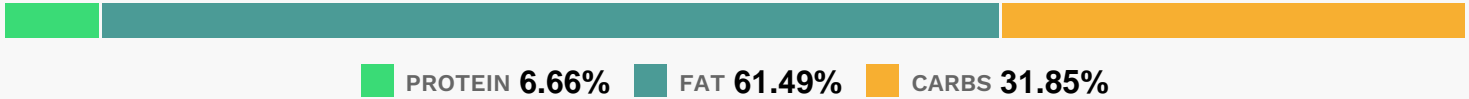
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Place a saucepan over medium heat and add the butter and olive oil and heat until the butter has melted.
- ☐ Add the onions, season with salt and pepper, and cook stirring frequently until the onions are golden, about 20 minutes
- ☐ In a medium bowl combine the jalapeño, butter, masa harina, corn meal, milk, queso fresco, sugar, beaten egg, baking powder, ground cumin and mix until well combined. Preheat the oven to 350°F. Divide mixture into 4 small baking pans and top with foil.
- ☐ Place pans in oven.
- ☐ Bake for about 25 minutes.
- ☐ Remove from oven, uncover, and set aside. When the cakes are baking make the Mushroom Sauce: In a fry pan over medium-low heat, warm the olive oil.

- ☐ Add the mushrooms, thyme, chives, onion, garlic and sauté until very soft and lightly golden, about 12 minutes. In a saucepan over medium heat, bring the milk to just below a boil. In another saucepan over medium-high heat, melt the butter. Stir the flour into the butter and cook, stirring, for 2 minutes.
- ☐ Remove from the heat and gradually whisk in the hot milk. Set over medium-low heat and cook, stirring, until thick and smooth, 3 to 4 minutes. Season with salt and pepper.
- ☐ Place the green bean, salt and water in a pot.
- ☐ Place over high heat and bring up to boil. Cook for about 3 minutes, the beans should be crisp.
- ☐ Drain the beans and then run them under some cold water to stop them from cooking.
- ☐ Drain and place on a clean towel and dry them. Set up three bowls, one with the flour, the eggs in the second bowl, and in the third bowl, the bread crumbs, garlic powder, and cumin. Dip the green beans first in the flour, then in the egg, after coat the green beans with the bread crumbs evenly and transfer to a prepared baking sheet in a single layer.
- ☐ Place a corn cake on a plate, drizzle some mushroom sauce and place green beans on top.
- ☐ Garnish with grape tomatoes.

Nutrition Facts



Properties

Glycemic Index:95.65, Glycemic Load:18.86, Inflammation Score:-7, Nutrition Score:12.068260814833%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

Nutrients (% of daily need)

Calories: 538.16kcal (26.91%), Fat: 37.5g (57.69%), Saturated Fat: 18.73g (117.08%), Carbohydrates: 43.71g (14.57%), Net Carbohydrates: 40.18g (14.61%), Sugar: 16.4g (18.22%), Cholesterol: 116.11mg (38.7%), Sodium: 574.57mg (24.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.27%), Phosphorus: 216.68mg (21.67%), Vitamin B1: 0.32mg (21.24%), Vitamin A: 1011.38IU (20.23%), Calcium: 197.28mg (19.73%), Vitamin B2: 0.28mg

(16.29%), Selenium: 10.66µg (15.22%), Vitamin B6: 0.29mg (14.75%), Fiber: 3.53g (14.12%), Vitamin E: 2.06mg (13.76%), Folate: 51.71µg (12.93%), Manganese: 0.25mg (12.73%), Magnesium: 48.6mg (12.15%), Iron: 2.16mg (12.02%), Zinc: 1.63mg (10.9%), Vitamin B3: 2.06mg (10.28%), Vitamin B12: 0.57µg (9.45%), Vitamin C: 6.94mg (8.41%), Potassium: 255.01mg (7.29%), Vitamin K: 7.32µg (6.97%), Vitamin D: 0.97µg (6.45%), Vitamin B5: 0.57mg (5.71%), Copper: 0.11mg (5.27%)