

Green Bean Casserole Redux

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



288 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups crimini mushrooms fresh thinly sliced
- 1.5 pounds green beans fresh ends trimmed cut into 2-inch pieces (4 cups)
- 2 garlic clove minced
- 0.3 cup olive oil
- 1.3 cups shallots sliced
- 2 teaspoons thyme leaves minced
- 2 cups vegetable oil for frying

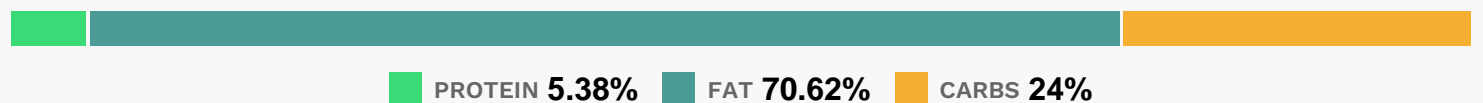
Equipment

- bowl
- frying pan
- oven
- pot
- baking pan
- colander

Directions

- Heat the oven to 400°F. Bring a large pot of salted water to a boil.
- Add green beans and cook until bright green and just tender, about 6 minutes; drain in a colander and rinse under cold water until cold. Set aside.
- Heat olive oil in a large frying pan over medium-high heat. When it shimmers, add mushrooms and season with salt and freshly ground black pepper. Sauté, stirring occasionally, until mushrooms are brown on the edges, about 4 minutes.
- Add garlic and cook 1 minute more.
- Combine green beans, mushroom mixture, béchamel sauce, and thyme in a large bowl and mix thoroughly. Taste and adjust seasoning if necessary.
- Transfer to a 2-1/2-quart baking dish and set aside. Dust sliced shallots in flour and shake off excess. Set aside.
- Pour vegetable oil into a 10-inch frying pan (the oil should be 1 inch deep).
- Heat over medium-high heat to 350°F, about 4 minutes. Fry shallots in batches, until light golden brown on the edges, about 2 minutes.
- Remove to a paper-towel-lined plate and season with salt and freshly ground black pepper. Top casserole with fried shallots and bake until shallots are golden and crispy and casserole is bubbly and heated through, about 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:4.5, Inflammation Score:-9, Nutrition Score:14.818695858769%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 288.49kcal (14.42%), Fat: 23.88g (36.73%), Saturated Fat: 3.53g (22.07%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 13.26g (4.82%), Sugar: 8.26g (9.17%), Cholesterol: 0mg (0%), Sodium: 14.96mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Vitamin K: 81.34µg (77.47%), Vitamin C: 19.42mg (23.54%), Manganese: 0.46mg (23.04%), Fiber: 5g (20.01%), Vitamin E: 2.97mg (19.83%), Vitamin B6: 0.38mg (19.12%), Vitamin A: 816.31IU (16.33%), Folate: 61.63µg (15.41%), Potassium: 530.55mg (15.16%), Vitamin B2: 0.25mg (14.72%), Copper: 0.25mg (12.56%), Iron: 2.08mg (11.56%), Selenium: 7.69µg (10.99%), Magnesium: 42.87mg (10.72%), Phosphorus: 105.67mg (10.57%), Vitamin B1: 0.15mg (9.98%), Vitamin B3: 1.87mg (9.34%), Vitamin B5: 0.78mg (7.76%), Calcium: 70.33mg (7.03%), Zinc: 0.77mg (5.13%)