



Green Bean Casserole - Slimmed

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings pepper black freshly ground
- 1 cup bread crumbs fresh
- 1.5 cups chicken broth (see Cook's Note)
- 4 cups cremini mushrooms sliced
- 3 tablespoons flour all-purpose
- 1 pound green beans fresh stemmed halved
- 3 teaspoons thyme leaves fresh
- 1.5 teaspoons kosher salt

- 1 tablespoon olive oil extra-virgin
- 3 medium to 4 shallots
- 2 tablespoons butter unsalted

Equipment

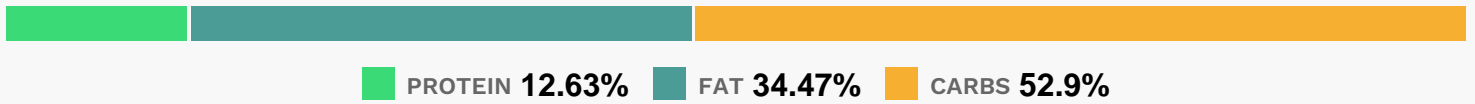
- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- wooden spoon
- colander

Directions

- Preheat the oven to 400 degrees F.
- Put the shallots (in their skins) on a small baking dish, roast until soft, about 30 minutes. When cool enough to handle, skin and coarsely chop the shallots. Set aside.
- Bring a medium-large saucepan of water to a boil over high heat.
- Add kosher salt, to taste.
- Add the green beans, and cook, uncovered, until crisp-tender and bright green, about 3 minutes.
- Drain the beans in a colander and rinse with cold water.
- Transfer the beans to a large bowl.
- In the same saucepan, heat the oil over medium heat.
- Add the mushrooms, season with 1 teaspoon salt, cook, stirring occasionally, until browned, about 7 minutes.
- Add the mushrooms to the beans.
- Melt the butter in a small saucepan over medium heat.

- Add the flour and cook, stirring with a wooden spoon, until golden, about 2 minutes. Slowly whisk in the broth, increase the heat to high, and bring to a boil.
- Add the shallots, 1 teaspoon of the thyme, and remaining 1/2 teaspoon of salt. Reduce the heat to maintain a simmer and cook until thickened, stirring occasionally, about 5 minutes.
- Pour the sauce over the vegetables and stir to combine evenly.
- Spray a 2-quart baking dish with vegetable cooking spray.
- Transfer the vegetable mixture to the pan.
- Add the remaining 2 teaspoons of thyme to bread crumbs and scatter over the vegetables.
- Bake uncovered until the sauce bubbles and the crumbs brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:4.12, Inflammation Score:-9, Nutrition Score:14.349130373934%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 186.62kcal (9.33%), Fat: 7.48g (11.51%), Saturated Fat: 3g (18.76%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 22.02g (8.01%), Sugar: 5.66g (6.28%), Cholesterol: 11.21mg (3.74%), Sodium: 940.75mg (40.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.34%), Vitamin K: 35.7µg (34%), Selenium: 19.18µg (27.4%), Vitamin B2: 0.45mg (26.38%), Manganese: 0.52mg (25.88%), Vitamin B1: 0.33mg (22.12%), Vitamin B3: 3.97mg (19.85%), Copper: 0.37mg (18.57%), Folate: 67.93µg (16.98%), Fiber: 3.81g (15.22%), Vitamin C: 11.82mg (14.33%), Vitamin A: 687.98IU (13.76%), Potassium: 474.85mg (13.57%), Iron: 2.41mg (13.38%), Phosphorus: 132.27mg (13.23%), Vitamin B6: 0.23mg (11.49%), Vitamin B5: 1.06mg (10.58%), Magnesium: 36.88mg (9.22%), Calcium: 83.09mg (8.31%), Zinc: 1.11mg (7.42%), Vitamin E: 0.81mg (5.37%), Vitamin B12: 0.13µg (2.18%)