






 **53%**
HEALTH SCORE

Green Bean Casserole With Crispy Shallots

READY IN

85 min.

SERVINGS

8

CALORIES

184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound button mushrooms sliced
- 3 tablespoons flour all-purpose
- 0.5 cup parsley fresh finely chopped
- 1 tablespoon thyme leaves fresh chopped
- 6 large cloves garlic minced
- 0.3 teaspoon ground nutmeg
- 1.5 pounds haricots verts fresh trimmed thin
- 3 cups milk low-fat (1 percent)
- 0.3 cup olive oil

- 0.3 cup parmesan cheese freshly grated
- 8 servings salt and pepper freshly ground
- 6 medium shallots sliced into rings (1 cup)

Equipment

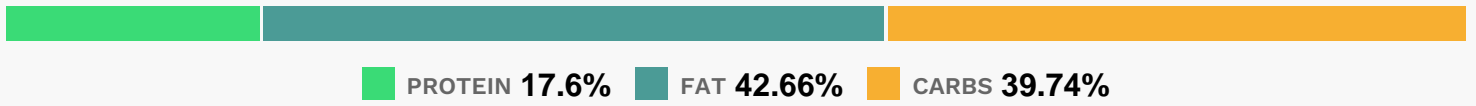
- bowl
- frying pan
- paper towels
- oven
- whisk
- pot
- baking pan
- slotted spoon
- steamer basket

Directions

- Preheat the oven to 375 degrees F.
- Heat the olive oil in a small skillet over medium-high heat until very hot but not smoking.
- Add 1/4 cup shallots and cook, stirring, until golden brown and crisp, about 2 minutes.
- Transfer with a slotted spoon to paper towels to drain. Repeat with the remaining shallots, cooking 1/4 cup at a time. Reserve the oil in the skillet.
- Place the green beans in a steamer basket fitted over a pot of boiling water. Cover and steam until bright green and still crisp, about 3 minutes.
- Heat 1 tablespoon of the reserved shallot oil in a large, deep nonstick skillet over medium-high heat.
- Add the mushrooms and cook, stirring occasionally, until the mushroom liquid is evaporated and they begin to brown, about 12 minutes.
- Add the garlic and thyme and cook, stirring, 1 minute.
- Transfer the mushroom mixture to a bowl.
- Whisk together the milk and flour until the flour is dissolved.

- Add the mixture to the skillet and, whisking constantly, bring to a simmer. Reduce the heat to medium low, whisking occasionally, until thickened, 10 to 15 minutes.
- Remove the pan from the heat and stir in the green beans, mushroom mixture, 1/3 cup parmesan cheese, the parsley, nutmeg, 3/4 teaspoon salt and 1/2 teaspoon pepper.
- Coat a 2-quart baking dish with cooking spray. Spoon the green bean mixture into the prepared dish and sprinkle the top with the crispy shallots and the remaining 2 tablespoons cheese.
- Bake until golden on top and bubbling, about 20 minutes.
- Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:4.7, Inflammation Score:-9, Nutrition Score:18.628260944201%

Flavonoids

Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 183.76kcal (9.19%), Fat: 9.26g (14.25%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 15.56g (5.66%), Sugar: 9.84g (10.94%), Cholesterol: 8.05mg (2.68%), Sodium: 314.17mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.2%), Vitamin K: 102.49µg (97.61%), Vitamin B2: 0.48mg (28.39%), Vitamin C: 20.16mg (24.43%), Vitamin A: 1154.82IU (23.1%), Phosphorus: 219.62mg (21.96%), Calcium: 201.97mg (20.2%), Manganese: 0.35mg (17.57%), Potassium: 609.22mg (17.41%), Vitamin B6: 0.34mg (16.79%), Fiber: 3.85g (15.38%), Vitamin B3: 3.06mg (15.3%), Selenium: 10.6µg (15.15%), Vitamin B5: 1.47mg (14.72%), Folate: 57.46µg (14.36%), Copper: 0.28mg (14%), Vitamin B1: 0.21mg (13.93%), Magnesium: 46.96mg (11.74%), Iron: 2mg (11.1%), Vitamin B12: 0.62µg (10.31%), Vitamin E: 1.4mg (9.36%), Zinc: 1.24mg (8.26%), Vitamin D: 1.11µg (7.38%)