



Green Bean Casserole with Fried Leeks

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



379 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1.3 pounds green beans fresh trimmed
- ☐ 16 ounce mushrooms fresh sliced
- ☐ 2 large leeks cleaned thinly sliced
- ☐ 0.5 cup madeira wine
- ☐ 6 servings vegetable oil; peanut oil preferred
- ☐ 6 servings salt

- ☐ 2 shallots finely chopped
- ☐ 1 cup whipping cream

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Melt butter in large heavy skillet over medium-high heat.
- ☐ Add mushrooms and thyme; saut 5 minutes.
- ☐ Add shallots; saut 3 minutes or until tender.
- ☐ Add Madeira, and cook over medium-high heat 3 minutes or until liquid evaporates.
- ☐ Add whipping cream, and cook 2 to 5 minutes or until slightly thickened.
- ☐ Remove from heat.
- ☐ Meanwhile,cook beans in a small amount of boiling water 5 minutes or just until crisp-tender; drain.
- ☐ Add beans to mushroom mixture, and toss gently. Spoon into a greased 2-quart gratin dish or shallow baking dish. Cover and keep warm.
- ☐ Pour oil to depth of 2" into a 3-quart saucepan; heat to 35
- ☐ Fry leeks in 3 batches, 40 seconds or until golden.
- ☐ Remove leeks with small metal strainer; drain on paper towels. Immediately sprinkle with salt.
- ☐ Sprinkle fried leeks over warm bean mixture.
- ☐ Bake, uncovered, at 400 for 5 minutes or until casserole is thoroughly heated.

Nutrition Facts



 **PROTEIN 6.17%**  **FAT 76.65%**  **CARBS 17.18%**

Properties

Glycemic Index:25.83, Glycemic Load:4, Inflammation Score:-9, Nutrition Score:17.066086940143%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 379.06kcal (18.95%), Fat: 32.65g (50.23%), Saturated Fat: 12.37g (77.32%), Carbohydrates: 16.46g (5.49%), Net Carbohydrates: 12.29g (4.47%), Sugar: 7.74g (8.6%), Cholesterol: 44.82mg (14.94%), Sodium: 265.98mg (11.56%), Alcohol: 2.06g (100%), Alcohol %: 0.91% (100%), Protein: 5.92g (11.83%), Vitamin K: 58.95µg (56.14%), Vitamin A: 1903.28IU (38.07%), Vitamin B2: 0.49mg (28.98%), Vitamin E: 3.39mg (22.61%), Manganese: 0.44mg (22.2%), Vitamin C: 17.67mg (21.42%), Vitamin B3: 3.61mg (18.07%), Copper: 0.36mg (17.76%), Folate: 68.15µg (17.04%), Vitamin B6: 0.34mg (16.75%), Fiber: 4.17g (16.68%), Potassium: 576.27mg (16.46%), Vitamin B5: 1.52mg (15.24%), Phosphorus: 144.32mg (14.43%), Iron: 2.38mg (13.22%), Selenium: 9.21µg (13.16%), Vitamin B1: 0.17mg (11.45%), Magnesium: 45.77mg (11.44%), Calcium: 90.47mg (9.05%), Zinc: 0.82mg (5.47%), Vitamin D: 0.79µg (5.24%), Vitamin B12: 0.1µg (1.64%)