



Green Bean Casserole with Homemade Mushroom Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



402 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon cayenne powder
- 0.5 cup cup heavy whipping cream
- 1 cup flour all-purpose
- 2 tablespoons flour all-purpose
- 0.5 teaspoon thyme leaves fresh
- 2 cloves garlic minced
- 1.5 pounds green beans trimmed
- 0.3 teaspoon ground nutmeg

- 8 servings kosher salt and pepper black freshly ground
- 1 cup chicken broth low-sodium
- 1 pound gourmet mushrooms mixed such as shiitakes, creminis and oyster, cleaned and quartered
- 0.3 cup parmesan grated
- 4 medium shallots separated sliced thin
- 1 cup cup heavy whipping cream sour
- 2 tablespoons butter unsalted
- 1 tablespoon vegetable oil
- 8 servings vegetable oil for shallow frying

Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- mixing bowl
- pot
- sieve

Directions

- Preheat the oven to 450 degrees F.
- Bring a large pot of salted water to a boil.
- Add the green beans and cook until they just turn bright green, 2 to 3 minutes. (You don't want to cook the green beans through as they will cook in the oven also.) Strain and plunge the green beans immediately in a large bowl of ice water to stop the cooking process. When cool, drain and set out to dry on paper towels.
- Set a 12-inch cast-iron skillet over medium-high heat.
- Add the butter and vegetable oil. Once the butter is melted and the pan is hot, add the mushrooms. Cook undisturbed so the mushrooms sear nicely, about 1 minute.

- Add the thyme and garlic and continue cooking the mushrooms to achieve some nice color. Season with the salt, pepper, cayenne and nutmeg. Cook 2 to 3 more minutes longer, dusting the mushrooms with some of the flour as they release moisture. Stir with a whisk to incorporate the flour (just like making a roux) and gradually add in the chicken stock. Bring to a simmer, then reduce the heat and add the sour cream and cream. Stir gently and cook over low heat until gravy thickens, 5 to 6 minutes.
- Add the blanched green beans to the pan and fold together so everything is mixed well.
- Spread out evenly in the pan.
- Sprinkle the green beans with the grated Parmesan and transfer to a roasting tray (to catch any spill-over).
- Bake until the casserole is bubbly and the top is melted and golden, 15 minutes.
- Pour the vegetable oil into a deep skillet and heat to 350 degrees F.
- Pour the flour into a large mixing bowl and sprinkle generously with salt and pepper. Toss the shallot rounds in the seasoned flour, then place in a strainer and shake off any excess flour. Fry the shallots in the hot oil in small batches until golden brown, 3 to 5 minutes.
- Drain on paper towels and season with salt while still hot.
- Top the green bean casserole with the fried shallots and serve.

Nutrition Facts

PROTEIN 8.03% **FAT 67.14%** **CARBS 24.83%**

Properties

Glycemic Index:61.75, Glycemic Load:12.39, Inflammation Score:-8, Nutrition Score:16.50217391097%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 401.91kcal (20.1%), Fat: 31.08g (47.81%), Saturated Fat: 11.2g (70.02%), Carbohydrates: 25.85g (8.62%), Net Carbohydrates: 22.03g (8.01%), Sugar: 6.44g (7.15%), Cholesterol: 43.42mg (14.47%), Sodium: 82.2mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.73%), Vitamin K: 67.03µg (63.84%), Vitamin B2: 0.5mg (29.66%), Vitamin A: 1129.6IU (22.59%), Vitamin B3: 4.19mg (20.97%), Selenium: 14.23µg (20.33%), Manganese: 0.4mg (20.04%), Folate: 76.83µg (19.21%), Vitamin B1: 0.27mg (18.18%), Phosphorus: 171.09mg (17.11%), Vitamin C:

13.4mg (16.24%), Fiber: 3.82g (15.3%), Copper: 0.3mg (15.19%), Potassium: 505.96mg (14.46%), Vitamin E: 2.01mg (13.39%), Vitamin B6: 0.26mg (13.21%), Vitamin B5: 1.31mg (13.12%), Iron: 2.3mg (12.77%), Calcium: 120.81mg (12.08%), Magnesium: 39.26mg (9.82%), Zinc: 0.94mg (6.24%), Vitamin B12: 0.18µg (3%), Vitamin D: 0.42µg (2.8%)