



Green Bean-Goat Cheese Gratin

READY IN



50 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces goat cheese crumbled
- ☐ 1 pound haricots verts fresh trimmed (tiny green beans)
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 3 oz parmesan shredded divided
- ☐ 0.3 cup pecans finely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup whipping cream
- ☐ 2 slices sandwich bread white

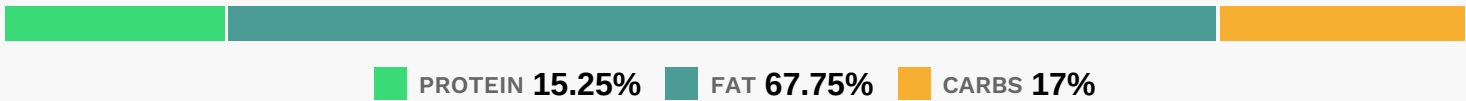
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ ramekin
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Tear bread into large pieces; pulse in a food processor 2 or 3 times or until coarse crumbs form.
- ☐ Drizzle oil over crumbs; add 1/4 cup Parmesan cheese. Pulse 5 or 6 times or until coated with oil. Stir in pecans.
- ☐ Cut green beans crosswise into thirds. Cook in boiling water to cover 3 to 4 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain and pat dry with paper towels.
- ☐ Toss together beans, next 4 ingredients, and remaining 1/2 cup Parmesan cheese. Firmly pack mixture into 4 (6-oz.) shallow ramekins. Cover each with aluminum foil, and place on a baking sheet.
- ☐ Bake at 400 for 20 minutes. Uncover and sprinkle with crumb mixture.
- ☐ Bake 8 more minutes or until golden.
- ☐ Let stand 5 minutes.
- ☐ Brought to the table by cookbook author Tasia Malakasis, owner of Belle Chvre creamery in Elkmont, Alabama.

Nutrition Facts



Properties

Glycemic Index:47.44, Glycemic Load:6.85, Inflammation Score:-8, Nutrition Score:17.134347915649%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 384.84kcal (19.24%), Fat: 29.96g (46.1%), Saturated Fat: 13.6g (85.02%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 12.67g (4.61%), Sugar: 5.89g (6.55%), Cholesterol: 54.6mg (18.2%), Sodium: 612.68mg (26.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.34%), Vitamin K: 52.98µg (50.46%), Manganese: 0.76mg (38.14%), Calcium: 366.59mg (36.66%), Vitamin A: 1538.15IU (30.76%), Phosphorus: 283.68mg (28.37%), Vitamin B2: 0.34mg (20.02%), Vitamin C: 14.11mg (17.11%), Fiber: 4.25g (17.01%), Vitamin B1: 0.24mg (16.04%), Copper: 0.32mg (15.92%), Folate: 57.7µg (14.42%), Selenium: 10.01µg (14.29%), Magnesium: 56.64mg (14.16%), Iron: 2.32mg (12.91%), Vitamin B6: 0.26mg (12.8%), Zinc: 1.58mg (10.55%), Potassium: 344.37mg (9.84%), Vitamin E: 1.47mg (9.81%), Vitamin B3: 1.67mg (8.36%), Vitamin B5: 0.67mg (6.71%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.64µg (4.26%)