



Green Bean & Wild Mushroom Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaves
- ☐ 0.5 cup breadcrumbs soft
- ☐ 0.5 cup butter divided
- ☐ 0.3 teaspoon dijon mustard
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 cups green beans fresh steamed cut into 2-inch pieces, blanched or
- ☐ 3 cups milk
- ☐ 8 servings nutmeg to taste
- ☐ 0.5 cup parmesan shredded

- ☐ 3 cups portabello mushrooms sliced
- ☐ 8 servings salt and pepper to taste
- ☐ 1 cup cheddar cheese shredded white

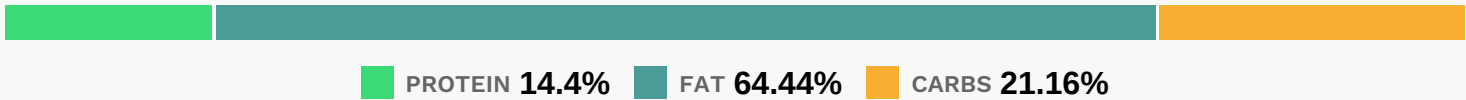
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ In a saucepan over medium-high heat, bring milk and bay leaf nearly to a boil. Meanwhile, in another saucepan over medium heat, melt 1/4 cup butter.
- ☐ Add flour to butter and cook, whisking constantly, for 2 minutes.
- ☐ Remove bay leaf from milk; slowly add milk to butter mixture, whisking constantly. Stir in mustard, nutmeg, salt and pepper. Cook, stirring occasionally, until thickened, about 5 minutes.
- ☐ Remove from heat; add Cheddar cheese and stir until cheese is melted. Fold in green beans and mushrooms; transfer to a buttered 2-quart casserole dish. Melt remaining butter; toss with bread crumbs.
- ☐ Sprinkle Parmesan cheese and bread crumbs over casserole.
- ☐ Bake, uncovered, at 350 degrees for 50 minutes, or until bubbly and golden.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:4.74, Inflammation Score:-6, Nutrition Score:11.597391356593%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 303.76kcal (15.19%), Fat: 22.14g (34.06%), Saturated Fat: 13.37g (83.55%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 14.54g (5.29%), Sugar: 6.99g (7.76%), Cholesterol: 59.86mg (19.95%), Sodium: 567.96mg (24.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.13g (22.27%), Calcium: 315.35mg (31.54%), Phosphorus: 266.35mg (26.64%), Selenium: 16.52µg (23.6%), Vitamin B2: 0.33mg (19.14%), Vitamin A: 838.36IU (16.77%), Vitamin B1: 0.2mg (13.17%), Vitamin B12: 0.78µg (13.04%), Vitamin B3: 2.43mg (12.16%), Manganese: 0.22mg (11.1%), Vitamin K: 11.04µg (10.52%), Potassium: 342.94mg (9.8%), Zinc: 1.47mg (9.79%), Vitamin B5: 0.91mg (9.12%), Folate: 35.59µg (8.9%), Vitamin D: 1.22µg (8.13%), Vitamin B6: 0.16mg (8.09%), Copper: 0.16mg (7.89%), Magnesium: 30.5mg (7.63%), Fiber: 1.81g (7.25%), Iron: 0.97mg (5.37%), Vitamin E: 0.59mg (3.96%), Vitamin C: 2.58mg (3.13%)