



Green Beans and Portobello Mushroom Saute



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 servings coarse salt
- ☐ 0.5 cup cooking sherry dry
- ☐ 1.3 pounds green beans trimmed cut in half
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion chopped
- ☐ 2 portobello mushroom caps halved thinly sliced

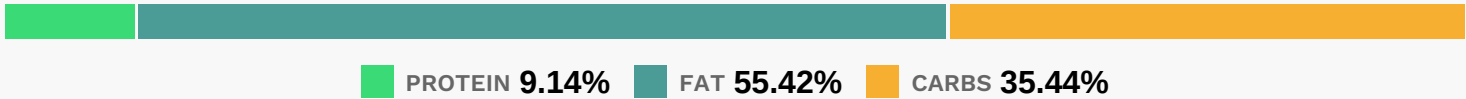
Equipment

☐ frying pan

Directions

- ☐ Simmer green beans in salted boiling water 5 minutes.
- ☐ Drain green beans and return skillet to moderate heat.
- ☐ Add oil and butter to the pan.
- ☐ Add onions and saute 2 to 3 minutes.
- ☐ Add mushrooms and season with salt and pepper.
- ☐ Saute mushrooms 3 to 5 minutes with onions, add green beans back to the pan.
- ☐ Heat green beans through and add sherry. Cook for 1 to 2 minutes.
- ☐ Transfer green beans and mushrooms to a serving plate.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:3.47, Inflammation Score:-8, Nutrition Score:13.849565132805%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg

Nutrients (% of daily need)

Calories: 175.76kcal (8.79%), Fat: 10.32g (15.88%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 10.02g (3.64%), Sugar: 7.13g (7.92%), Cholesterol: 7.53mg (2.51%), Sodium: 231.32mg (10.06%), Alcohol: 3.09g (100%), Alcohol %: 1.55% (100%), Protein: 3.83g (7.67%), Vitamin K: 65.64µg (62.51%), Vitamin C: 19.33mg (23.43%), Vitamin A: 1066.07IU (21.32%), Manganese: 0.41mg (20.31%), Fiber: 4.84g (19.36%), Folate: 64.17µg (16.04%), Vitamin B6: 0.31mg (15.51%), Vitamin B3: 2.99mg (14.97%), Potassium: 514.37mg (14.7%), Selenium: 8.87µg (12.66%), Vitamin B2: 0.22mg (12.65%), Copper: 0.23mg (11.5%), Phosphorus: 113.44mg (11.34%),

Vitamin E: 1.68mg (11.23%), Vitamin B1: 0.16mg (10.36%), Magnesium: 41.26mg (10.32%), Iron: 1.77mg (9.84%),
Vitamin B5: 0.85mg (8.49%), Calcium: 63.76mg (6.38%), Zinc: 0.65mg (4.33%)