



WHATSheATE



Green Beans Supreme



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup bread crumbs fresh
- ☐ 3 tablespoons butter divided
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon parsley fresh snipped
- ☐ 16 oz green beans frozen french-style cooked
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.5 cup milk
- ☐ 1 onion sliced

- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 8 oz cup heavy whipping cream sour

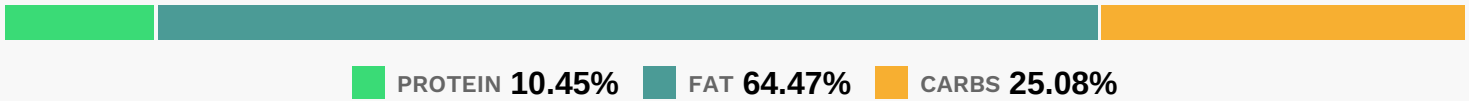
Equipment

- ☐ baking pan

Directions

- ☐ Cook onion slices and parsley in 2 tablespoons butter until onion is tender.
- ☐ Blend in flour, lemon zest, salt and pepper. Stir in milk; heat until thick and bubbly.
- ☐ Add sour cream and beans; heat through. Spoon into an ungreased 2-quart baking dish; sprinkle with cheese. Melt remaining butter and toss with bread crumbs; sprinkle on top of beans. Broil 3 to 4 inches from heat source for 3 minutes, or until golden.

Nutrition Facts



Properties

Glycemic Index:81.75, Glycemic Load:5.52, Inflammation Score:-8, Nutrition Score:15.976087248844%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 350.58kcal (17.53%), Fat: 25.98g (39.96%), Saturated Fat: 14.56g (91%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 18.73g (6.81%), Sugar: 8.76g (9.74%), Cholesterol: 73.81mg (24.6%), Sodium: 537.72mg (23.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.47g (18.94%), Vitamin K: 67.85µg (64.62%), Vitamin A: 1674.28IU (33.49%), Calcium: 260.53mg (26.05%), Vitamin B2: 0.38mg (22.09%), Vitamin C: 18.03mg (21.86%), Phosphorus: 208.07mg (20.81%), Manganese: 0.39mg (19.36%), Folate: 64.98µg (16.24%), Fiber: 4.01g (16.04%), Vitamin B1: 0.23mg (15.63%), Selenium: 10.58µg (15.11%), Vitamin B6: 0.26mg (12.81%), Potassium: 433.51mg (12.39%), Magnesium: 48.83mg (12.21%), Iron: 1.86mg (10.35%), Zinc: 1.3mg (8.64%), Vitamin B3: 1.64mg (8.22%),

Vitamin B12: 0.47µg (7.92%), Vitamin B5: 0.72mg (7.22%), Vitamin E: 1.07mg (7.11%), Copper: 0.13mg (6.48%),
Vitamin D: 0.42µg (2.8%)