



## Green Beans with Cheese Sauce

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



427 kcal

SIDE DISH

### Ingredients

- 1 pinch cayenne
- 4 ounces cream cheese softened
- 0.3 teaspoon mustard dry
- 3 tablespoons flour all-purpose
- 0.3 teaspoon garlic powder
- 1 pound green beans trimmed
- 1 pinch ground pepper black
- 1.5 cups milk

- 1 pinch salt
- 1 cup cheddar cheese shredded
- 4 tablespoons butter unsalted

## Equipment

- frying pan
- sauce pan
- whisk

## Directions

- Bring 1/4 cup water just to a boil in a large saute pan over medium heat.
- Add the green beans and salt, cover and cook for 2 minutes. Uncover, raise the heat to high and cook until the water has evaporated, about 1 minute. Stir in 1 tablespoon of the butter and continue cooking until the beans are crisp-tender, 1 to 2 minutes.
- Remove from the heat.
- Melt the remaining 3 tablespoons butter in a medium saucepan over medium heat.
- Add the flour and cook, stirring, until golden, about 2 minutes.
- Whisk in the milk, garlic powder, dry mustard, black pepper and cayenne and cook, whisking continuously, until thickened, about 2 minutes. Stir in the cheddar cheese and cream cheese and heat until melted.
- Pour the cheese sauce over the green beans, or serve on the side.

## Nutrition Facts

 PROTEIN **12.93%**  FAT **69.79%**  CARBS **17.28%**

## Properties

Glycemic Index:70.5, Glycemic Load:7.58, Inflammation Score:-8, Nutrition Score:17.085651998935%

## Flavonoids

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: 426.79kcal (21.34%), Fat: 34g (52.3%), Saturated Fat: 20.11g (125.71%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 15.67g (5.7%), Sugar: 9.3g (10.33%), Cholesterol: 97.96mg (32.65%), Sodium: 326.83mg (14.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.17g (28.34%), Vitamin K: 51.37µg (48.93%), Vitamin A: 1954.91IU (39.1%), Calcium: 386.57mg (38.66%), Phosphorus: 306.58mg (30.66%), Vitamin B2: 0.47mg (27.49%), Selenium: 15.21µg (21.72%), Vitamin C: 13.86mg (16.81%), Manganese: 0.3mg (15.1%), Vitamin B12: 0.88µg (14.66%), Folate: 56.94µg (14.24%), Vitamin B1: 0.21mg (13.72%), Fiber: 3.26g (13.04%), Magnesium: 51.71mg (12.93%), Vitamin B6: 0.26mg (12.91%), Potassium: 449.07mg (12.83%), Zinc: 1.89mg (12.61%), Vitamin D: 1.39µg (9.24%), Vitamin B5: 0.92mg (9.17%), Vitamin E: 1.31mg (8.73%), Iron: 1.53mg (8.53%), Vitamin B3: 1.32mg (6.58%), Copper: 0.11mg (5.31%)