



Green Beans with Leeks

READY IN



40 min.

SERVINGS



12

CALORIES



97 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.8 lb leek white green rinsed thinly sliced (2 cups)
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 0.3 cup parmesan
- ☐ 0.3 teaspoon nutmeg
- ☐ 12 oz green beans frozen thawed

☐ 0.5 cup fried onions (from 2.8-oz can)

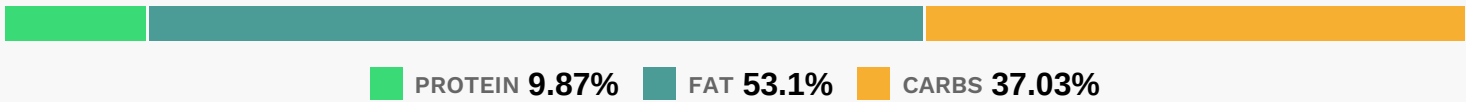
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 350°F. In 12-inch skillet, heat butter over medium heat.
- ☐ Add leeks; cook 5 to 7 minutes, stirring occasionally, until leeks are tender and soft.
- ☐ Stir in flour, salt and pepper, using wire whisk. Cook, stirring constantly, until mixture is smooth and bubbly. Gradually stir in broth.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in cheese and nutmeg. Cook 1 to 2 minutes, stirring occasionally, until cheese is melted. Stir in green beans.
- ☐ Pour mixture into ungreased 1 1/2-quart casserole.
- ☐ Sprinkle with onions.
- ☐ Bake 20 to 25 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:3.16, Inflammation Score:-6, Nutrition Score:5.7178261370763%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 97.42kcal (4.87%), Fat: 5.92g (9.11%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 7.93g (2.88%), Sugar: 2.22g (2.47%), Cholesterol: 2.57mg (0.86%), Sodium: 291.56mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.95%), Vitamin K: 25.64µg (24.42%), Vitamin A: 860.01IU

(17.2%), Manganese: 0.24mg (11.92%), Vitamin C: 6.87mg (8.33%), Folate: 32.55µg (8.14%), Calcium: 63.58mg (6.36%), Iron: 1.06mg (5.89%), Vitamin B6: 0.11mg (5.52%), Fiber: 1.37g (5.46%), Vitamin B2: 0.08mg (4.83%), Vitamin B1: 0.07mg (4.64%), Phosphorus: 45.4mg (4.54%), Magnesium: 17.45mg (4.36%), Vitamin E: 0.55mg (3.64%), Potassium: 125.05mg (3.57%), Copper: 0.06mg (3.22%), Selenium: 2.1µg (3%), Vitamin B3: 0.56mg (2.8%), Zinc: 0.22mg (1.48%), Vitamin B5: 0.14mg (1.35%)