



## Green Beans with Mushroom and Shallots

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



31 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

### Ingredients

- 1 pound green beans fresh trimmed cut into 1 inch pieces
- 0.8 pound mushrooms fresh assorted sliced (ie: button, baby bella, shiitake, oyster, chanterelle)
- 2 tablespoons olive oil
- 6 servings salt and pepper black freshly ground
- 0.3 cup shallots sliced ( 2 medium)
- 1 tablespoon water

### Equipment

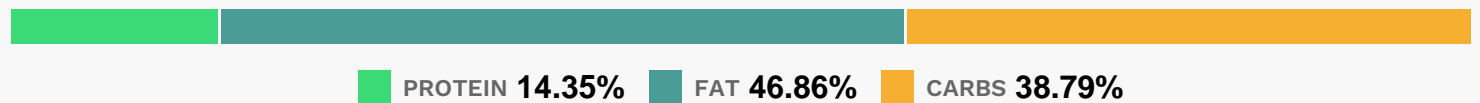
- bowl

- frying pan
- microwave
- colander

## Directions

- Put green beans in a microwave-safe bowl with the water. Cover tightly and microwave on high for 4 minutes. Carefully remove the cover, drain in a colander, shaking off any excess water, and set aside.
- While the beans are cooking, heat the oil over medium-high heat in a large nonstick skillet.
- Add the shallots and cook, stirring, until softened slightly, about 2 minutes.
- Add the mushrooms and cook, stirring occasionally, until the water they release has evaporated and they begin to brown, about 10 minutes.
- Add the green beans and stir to combine and rewarm. Season with salt and pepper and serve.

## Nutrition Facts



## Properties

Glycemic Index:23.33, Glycemic Load:2.44, Inflammation Score:-5, Nutrition Score:9.6213043617166%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

## Nutrients (% of daily need)

Calories: 86.88kcal (4.34%), Fat: 5.04g (7.76%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 6.34g (2.3%), Sugar: 4.62g (5.14%), Cholesterol: 0mg (0%), Sodium: 9.19mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.95%), Vitamin K: 35.59µg (33.89%), Vitamin B2: 0.31mg (18.2%), Vitamin C: 11.47mg (13.9%), Vitamin B3: 2.63mg (13.15%), Copper: 0.25mg (12.29%), Fiber: 3.05g (12.22%), Manganese: 0.24mg (12.05%), Potassium: 385.09mg (11%), Vitamin B5: 1.06mg (10.58%), Vitamin B6: 0.21mg (10.56%), Vitamin A: 522.7IU (10.45%), Folate: 39.07µg (9.77%), Phosphorus: 85.53mg (8.55%), Selenium: 5.89µg (8.41%), Vitamin B1: 0.12mg (7.73%), Iron: 1.26mg (6.98%), Magnesium: 26.96mg (6.74%), Vitamin E: 0.99mg (6.63%), Zinc: 0.53mg (3.54%), Calcium: 35.1mg (3.51%)