



## Green Beans with Mushroom Duxelles



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 teaspoon cornstarch
- ☐ 0.3 cup cooking sherry dry
- ☐ 1.5 pounds green beans ends trimmed
- ☐ 0.5 lb mushrooms finely chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 2 teaspoons soya sauce

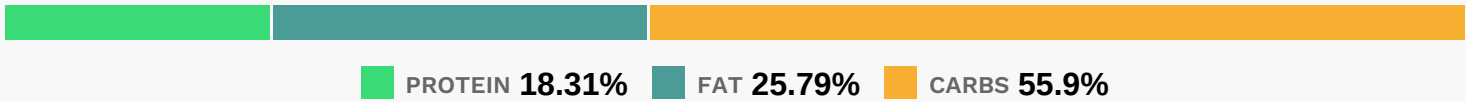
### Equipment

☐ frying pan

Directions

- ☐ In a 10- to 12-inch frying pan over medium-high heat, melt butter.
- ☐ Add onion and stir often until tinged with brown, 3 to 5 minutes.
- ☐ Add mushrooms. Stir often until mushrooms are lightly browned, 5 to 8 minutes.
- ☐ Meanwhile, in a 4- to 5-quart covered pan, bring 3 quarts water to a boil over high heat.
- ☐ Add beans and cook, uncovered, until tender-crisp when pierced, 6 to 12 minutes, depending on variety.
- ☐ Drain beans and put in a shallow serving dish.
- ☐ Blend cornstarch with 1/3 cup water, dry sherry, and 2 teaspoons soy.
- ☐ Add to mushroom mixture and stir over high heat until boiling.
- ☐ Add sesame oil.
- ☐ Pour sauce over beans.
- ☐ Add soy sauce to taste.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:2.83, Inflammation Score:-7, Nutrition Score:10.711739095657%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 76.25kcal (3.81%), Fat: 2.27g (3.5%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 7.39g (2.69%), Sugar: 5.14g (5.71%), Cholesterol: 0mg (0%), Sodium: 143.48mg (6.24%), Alcohol: 1.03g (100%), Alcohol %: 0.73% (100%), Protein: 3.63g (7.26%), Vitamin K: 48.85µg (46.53%), Vitamin C: 15.62mg (18.93%), Vitamin A: 866.18IU (17.32%), Vitamin B2: 0.28mg (16.41%), Manganese: 0.3mg (15.09%), Fiber: 3.69g (14.74%), Folate: 46.86µg (11.72%), Vitamin B3: 2.3mg (11.51%), Vitamin B6: 0.22mg (11.22%), Potassium: 391.27mg (11.18%), Copper: 0.21mg (10.35%), Vitamin B1: 0.13mg (8.78%), Magnesium: 34.96mg (8.74%), Vitamin B5: 0.85mg (8.51%), Phosphorus: 84.45mg (8.44%), Iron: 1.46mg (8.12%), Selenium: 4.3µg (6.14%), Calcium: 48.16mg (4.82%), Vitamin E: 0.54mg (3.62%), Zinc: 0.51mg (3.41%)