



WHATSheATE



Green Beans with Mushroom-Madeira Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



390 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3 tablespoons butter



0.8 teaspoon thyme leaves dried



1 pound green beans fresh trimmed



2 large leeks white green thinly sliced (and pale parts only)



0.5 cup madeira wine



6 ounces oyster mushrooms sliced



3 tablespoons shallots chopped



6 ounces mushroom caps stemmed sliced

- ☐ 6 servings vegetable oil for deep-frying
- ☐ 1 cup whipping cream

Equipment

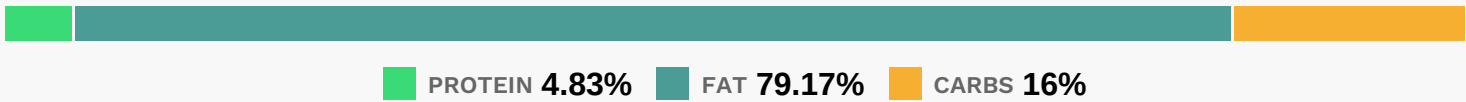
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ sieve

Directions

- ☐ Melt 2 tablespoons butter in heavy large skillet over medium-high heat.
- ☐ Add all mushrooms and thyme; sauté 5 minutes.
- ☐ Add 2 tablespoons shallots; sauté until mushrooms are tender, about 3 minutes.
- ☐ Add Madeira and simmer until almost all liquid evaporates, about 2 minutes.
- ☐ Add cream and simmer until slightly thickened, about 2 minutes. Set sauce aside. Cook beans in large pot of boiling salted water until just tender, 5 minutes.
- ☐ Drain.
- ☐ Transfer to bowl of ice water; cool.
- ☐ Drain. (Sauce and beans can be made 6 hours ahead. Cover separately; chill.)
- ☐ Pour enough oil into large deep saucepan to reach depth of 4 inches.
- ☐ Heat oil to 350°F.
- ☐ Place 1/4 of leeks in small metal strainer. Lower strainer into oil; fry until golden, 40 seconds. Lift strainer from oil.
- ☐ Drain leeks on paper towels. Repeat with remaining leeks in 3 more batches. Season leeks with salt.
- ☐ Melt 1 tablespoon butter in heavy large skillet over medium heat.
- ☐ Add beans and remaining 1 tablespoon shallots; toss to heat through. Season with salt and pepper.

- ☐ Place beans on platter.
- ☐ Bring sauce to simmer. Spoon sauce over beans.
- ☐ Sprinkle with fried leeks.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:3.34, Inflammation Score:-9, Nutrition Score:15.489130217096%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 389.69kcal (19.48%), Fat: 34.52g (53.11%), Saturated Fat: 14.93g (93.3%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 11.56g (4.2%), Sugar: 6.36g (7.07%), Cholesterol: 59.87mg (19.96%), Sodium: 75.51mg (3.28%), Alcohol: 2.06g (100%), Alcohol %: 1.05% (100%), Protein: 4.74g (9.48%), Vitamin K: 76.22µg (72.59%), Vitamin A: 1792.76IU (35.86%), Manganese: 0.45mg (22.57%), Vitamin B2: 0.33mg (19.38%), Vitamin B6: 0.33mg (16.6%), Fiber: 4.14g (16.57%), Vitamin C: 13.48mg (16.34%), Vitamin B3: 3.24mg (16.22%), Folate: 62.43µg (15.61%), Vitamin E: 2.27mg (15.11%), Potassium: 489.44mg (13.98%), Phosphorus: 136.42mg (13.64%), Iron: 2.21mg (12.26%), Vitamin B5: 1.14mg (11.36%), Magnesium: 44.22mg (11.06%), Copper: 0.21mg (10.39%), Vitamin B1: 0.13mg (8.83%), Calcium: 80.76mg (8.08%), Selenium: 4.45µg (6.36%), Vitamin D: 0.95µg (6.31%), Zinc: 0.88mg (5.87%), Vitamin B12: 0.08µg (1.26%)