



Green Beans With Mustard Cream Sauce and Toasted Almonds

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 4 tablespoons butter
- ☐ 0.5 cup chicken broth
- ☐ 0.3 cup dijon mustard
- ☐ 3 tablespoons flour
- ☐ 2 pounds green beans trimmed
- ☐ 1.5 cups milk

- ☐ 16 ounce onions whole white frozen
- ☐ 10 servings salt
- ☐ 0.5 cup slivered almonds toasted 10 minutes or less

Equipment

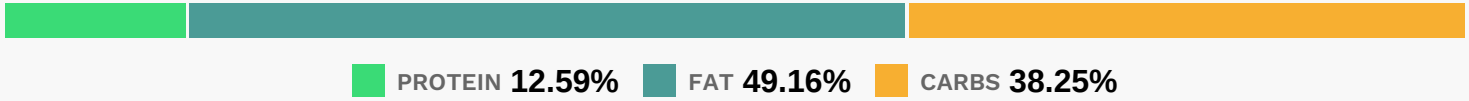
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave
- ☐ measuring cup
- ☐ kitchen timer

Directions

- ☐ Heat 2 Tbs. of butter in a large, deep skillet over medium-high heat.
- ☐ Add onions; saute, shaking pan occasionally, until golden brown, 5 to 7 minutes.
- ☐ Dump onions onto a large cookie sheet.
- ☐ Add green beans, 3/4 cup water and a scant teaspoon salt to the unwashed skillet. Turn heat to high; cover and cook until wisps of steam escape around the lid. Set timer for 5 minutes; cook until bright green but tender.
- ☐ Drain beans; transfer to cookie sheet with onions and spread out to cool. (Cooled vegetables can be covered loosely with plastic wrap and set aside at room temperature up to 4 hours ahead.)
- ☐ Microwave milk, chicken broth and mustard in a 1-quart Pyrex-type measuring cup until steamy.
- ☐ Heat remaining 2 Tbs. of butter in the skillet.
- ☐ Whisk in flour, then hot milk mixture, until smooth and simmering. (Sauce can be made up to 4 hours ahead: Cover surface directly with plastic wrap, to prevent a skin from forming, and refrigerate; return to a simmer before proceeding.)

- ☐
- Add beans and onions; simmer until sauce is thick enough to cling, about 5 minutes. Season with salt and pepper to taste.
- ☐
- Transfer to a serving bowl, sprinkle with toasted almonds and serve immediately.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:4.69, Inflammation Score:-7, Nutrition Score:11.336521646251%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg, Isorhamnetin: 2.42mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 11.7mg, Quercetin: 11.7mg, Quercetin: 11.7mg, Quercetin: 11.7mg

Nutrients (% of daily need)

Calories: 152.59kcal (7.63%), Fat: 8.91g (13.71%), Saturated Fat: 3.85g (24.07%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 11.35g (4.13%), Sugar: 7.03g (7.81%), Cholesterol: 16.67mg (5.56%), Sodium: 363.15mg (15.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.27%), Vitamin K: 39.96µg (38.05%), Manganese: 0.44mg (21.96%), Vitamin C: 14.45mg (17.51%), Fiber: 4.25g (17%), Vitamin A: 831.36IU (16.63%), Vitamin B2: 0.24mg (14.29%), Vitamin E: 1.94mg (12.94%), Magnesium: 50.08mg (12.52%), Phosphorus: 121.69mg (12.17%), Folate: 45.67µg (11.42%), Calcium: 110.18mg (11.02%), Vitamin B6: 0.22mg (10.89%), Vitamin B1: 0.16mg (10.61%), Potassium: 368.7mg (10.53%), Iron: 1.45mg (8.08%), Copper: 0.15mg (7.37%), Selenium: 4.68µg (6.68%), Vitamin B3: 1.15mg (5.75%), Vitamin B5: 0.46mg (4.59%), Zinc: 0.68mg (4.56%), Vitamin B12: 0.21µg (3.49%), Vitamin D: 0.4µg (2.68%)