



 **59%**  
HEALTH SCORE

## Green Beans with Roasted Mushrooms

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



37 min.

SERVINGS



8

CALORIES



100 kcal

SIDE DISH

### Ingredients

- 2 tablespoons balsamic vinegar divided
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon thyme leaves fresh chopped
- 2 pounds haricots verts trimmed
- 1.5 pounds mushrooms with 6 [4-oz.] packages of gourmet mushroom blend) assorted quartered
- 2 tablespoons olive oil extra-virgin
- 0.5 teaspoon salt

### Equipment

- baking sheet
- pot
- microwave

## Directions

- Place green beans in a large pot of boiling water, and cook 3 to 4 minutes or until crisp-tender. Immediately plunge into ice water to stop the cooking process. Cover and chill up to 2 days.
- Combine mushrooms, 1 Tbsp. vinegar, and next 4 ingredients on a large rimmed baking sheet coated with cooking spray.
- Spread mushrooms in a single layer.
- Roast at 425 for 20 to 25 minutes or until tender and browned, stirring once or twice. Reheat green beans in the microwave at HIGH 3 minutes or until hot.
- Combine green beans, roasted mushrooms, and remaining 1 Tbsp. vinegar; toss well.

## Nutrition Facts



## Properties

Glycemic Index:25.63, Glycemic Load:3.79, Inflammation Score:-9, Nutrition Score:13.592608679896%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

## Nutrients (% of daily need)

Calories: 99.73kcal (4.99%), Fat: 4.18g (6.44%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 9.31g (3.39%), Sugar: 6.32g (7.02%), Cholesterol: 0mg (0%), Sodium: 160.89mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin K: 51.07µg (48.64%), Manganese: 0.48mg (23.86%), Fiber: 5.34g (21.37%), Vitamin B3: 4.15mg (20.74%), Vitamin B6: 0.41mg (20.62%), Vitamin C: 15.24mg (18.47%), Vitamin B2: 0.31mg (18.05%), Vitamin A: 824.7IU (16.49%), Vitamin B5: 1.54mg (15.36%), Potassium: 509.35mg (14.55%), Phosphorus: 140.23mg (14.02%), Folate: 48.89µg (12.22%), Magnesium: 47.46mg (11.86%), Copper: 0.21mg (10.33%), Iron: 1.73mg (9.62%), Selenium: 5.53µg (7.91%), Zinc: 1.17mg (7.79%), Vitamin B1: 0.11mg (7.09%), Vitamin E:

0.97mg (6.47%), Calcium: 48.96mg (4.9%), Vitamin D: 0.34µg (2.27%)