



Green Beans with Sherried Mushroom Sauce

 Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons canola oil
- ☐ 1.5 cups chicken stock see unsalted (such as Swanson)
- ☐ 3 tablespoons whipped cream
- ☐ 0.3 cup sherry dry
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1.5 teaspoons thyme sprigs fresh chopped
- ☐ 0.3 cup fried onions crushed (such as French's)
- ☐ 2 pounds green beans trimmed

- ☐ 4 ounce mushrooms fresh
- ☐ 1.5 cups onion sliced
- ☐ 0.8 teaspoon salt divided
- ☐ 4 cups water

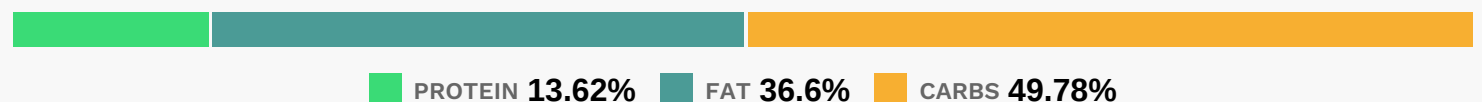
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Bring 4 cups water to a boil in a large straight-sided skillet.
- ☐ Add 1/2 teaspoon salt and green beans. Reduce heat to medium; cook 6 minutes or until tender.
- ☐ Drain beans; rinse with cold water.
- ☐ Drain and set aside.
- ☐ Wipe skillet clean and dry with paper towels; return skillet to medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add sliced onion; saut 5 minutes or until lightly browned, stirring occasionally.
- ☐ Add mushrooms; saut 3 minutes or until mushrooms brown, stirring occasionally.
- ☐ Add sherry and thyme; sprinkle with remaining 1/4 teaspoon salt. Bring to a boil; cook until liquid almost evaporates. Stir in flour; cook 30 seconds, stirring constantly.
- ☐ Add cream cheese; stir until cheese melts. Stir in stock; bring to a boil, stirring constantly. Cook 2 minutes or until slightly thick.
- ☐ Remove from heat.
- ☐ Add beans; toss to coat.
- ☐ Sprinkle with crushed onions.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:3.12, Inflammation Score:-7, Nutrition Score:8.6556522256654%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 97.84kcal (4.89%), Fat: 4.02g (6.18%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 9.25g (3.36%), Sugar: 4.96g (5.51%), Cholesterol: 2.11mg (0.7%), Sodium: 253.7mg (11.03%), Alcohol: 0.82g (100%), Alcohol %: 0.38% (100%), Protein: 3.36g (6.73%), Vitamin K: 40.74µg (38.8%), Vitamin C: 13.63mg (16.53%), Vitamin A: 651.02IU (13.02%), Manganese: 0.25mg (12.74%), Fiber: 3.04g (12.17%), Vitamin B2: 0.19mg (10.94%), Folate: 40.54µg (10.13%), Vitamin B6: 0.2mg (9.83%), Potassium: 311.05mg (8.89%), Vitamin B3: 1.75mg (8.77%), Vitamin B1: 0.12mg (7.81%), Magnesium: 30.17mg (7.54%), Copper: 0.15mg (7.32%), Iron: 1.25mg (6.92%), Phosphorus: 65.08mg (6.51%), Vitamin E: 0.77mg (5.1%), Calcium: 46.92mg (4.69%), Vitamin B5: 0.42mg (4.17%), Selenium: 2.92µg (4.17%), Zinc: 0.41mg (2.7%)