



Green Beans with Shiitake Mushrooms



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter ()
- ☐ 8 ounces mushroom caps fresh stemmed sliced
- ☐ 2 garlic cloves minced
- ☐ 2 pounds slender green beans trimmed
- ☐ 0.7 cup low-salt chicken broth canned
- ☐ 2 shallots chopped

Equipment

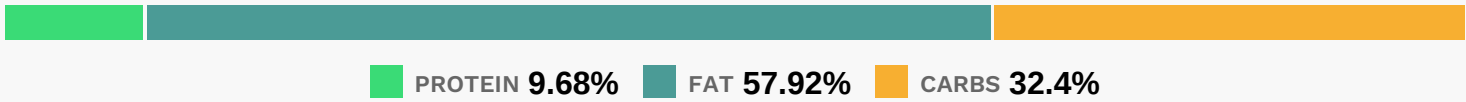
- ☐ bowl

☐ frying pan

Directions

- ☐ Melt 3 tablespoons butter in large nonstick skillet over medium-high heat.
- ☐ Add shiitake mushrooms and sauté until tender, about 5 minutes.
- ☐ Transfer mushrooms to medium bowl. Melt remaining 3 tablespoons butter in same skillet.
- ☐ Add shallots and garlic and sauté until tender, about 2 minutes.
- ☐ Add green beans and toss to coat with butter.
- ☐ Pour broth over green bean mixture. Cover and simmer until liquid evaporates and green beans are crisp-tender, about 10 minutes. Stir in shiitake mushrooms. Season to taste with salt and pepper.
- ☐ Transfer to platter and serve.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:2.94, Inflammation Score:-7, Nutrition Score:10.512173823688%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 128.84kcal (6.44%), Fat: 9.03g (13.9%), Saturated Fat: 5.49g (34.32%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 7.38g (2.68%), Sugar: 4.9g (5.45%), Cholesterol: 22.58mg (7.53%), Sodium: 83.65mg (3.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Vitamin K: 49.56µg (47.2%), Vitamin A: 1045.16IU (20.9%), Vitamin C: 14.57mg (17.66%), Manganese: 0.34mg (17.05%), Fiber: 3.99g (15.94%), Vitamin B6: 0.28mg (13.8%), Vitamin B2: 0.19mg (11.24%), Vitamin B3: 2.22mg (11.12%), Folate: 43.57µg (10.89%), Potassium: 368.77mg (10.54%), Magnesium: 35.93mg (8.98%), Phosphorus: 88.16mg (8.82%), Iron: 1.42mg (7.86%), Vitamin B5: 0.71mg (7.15%), Vitamin B1: 0.1mg (6.87%), Copper: 0.14mg (6.81%), Calcium: 49.5mg (4.95%), Vitamin E: 0.71mg (4.74%), Zinc: 0.63mg (4.18%), Selenium: 2.58µg (3.69%)