



Hawk's Nest Green Beans

READY IN



33 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons bacon bits
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 cup crimini mushrooms sliced
- ☐ 2 tablespoons flour
- ☐ 1 tablespoon fried onions canned
- ☐ 0.5 tablespoon garlic minced
- ☐ 0.5 pound green beans trimmed
- ☐ 1.5 cups milk
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 tablespoons butter unsalted
- ☐ 0.3 cup onion diced white

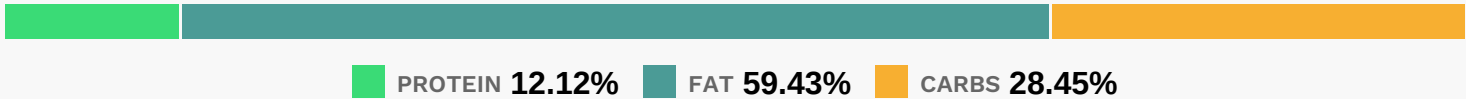
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ grill

Directions

- ☐ In a 10-inch skillet over medium heat, sweat the onions in the butter.
- ☐ Add the garlic and mushrooms and saute for 2 minutes.
- ☐ Add the flour and cook for 2 to 5 minutes. Slowly whisk in the milk and season with the cayenne, salt, and pepper, to taste. Fold in the bacon bits.
- ☐ Preheat the grill to high heat.
- ☐ Blanch the green beans in salted boiling water for 3 to 5 minutes.
- ☐ Remove to an ice bath for 2 to 3 minutes.
- ☐ Remove from the ice bath, drain, and pat dry with a paper towel when cool. Toss the green beans in the extra-virgin olive oil and a little salt and pepper. Grill for 3 minutes.
- ☐ Place the green beans on a plate and top with the mushroom sauce and fried onions.

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:3.43, Inflammation Score:-5, Nutrition Score:7.0582608451014%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol:

0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg
Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 133.34kcal (6.67%), Fat: 9.12g (14.03%), Saturated Fat: 4.1g (25.65%), Carbohydrates: 9.82g (3.27%), Net
Carbohydrates: 8.23g (2.99%), Sugar: 4.69g (5.21%), Cholesterol: 17.35mg (5.78%), Sodium: 73.39mg (3.19%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.37%), Vitamin K: 18.51µg (17.63%), Vitamin B2: 0.2mg
(11.89%), Vitamin A: 546.35IU (10.93%), Phosphorus: 102.86mg (10.29%), Calcium: 98.48mg (9.85%), Selenium:
5.72µg (8.17%), Manganese: 0.15mg (7.71%), Vitamin B1: 0.12mg (7.7%), Potassium: 249.31mg (7.12%), Vitamin C:
5.48mg (6.65%), Fiber: 1.6g (6.38%), Vitamin B6: 0.13mg (6.37%), Vitamin B12: 0.38µg (6.29%), Folate: 24.63µg
(6.16%), Vitamin E: 0.85mg (5.64%), Copper: 0.11mg (5.51%), Magnesium: 21.97mg (5.49%), Vitamin B5: 0.52mg
(5.22%), Vitamin B3: 1.01mg (5.06%), Vitamin D: 0.75µg (5.02%), Zinc: 0.56mg (3.75%), Iron: 0.63mg (3.51%)