



Herbed Green Bean Casserole

READY IN



75 min.

SERVINGS



6

CALORIES



420 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black as needed freshly ground plus more
- ☐ 0.3 cup chives finely chopped (from 2 bunches)
- ☐ 8 ounces cream cheese
- ☐ 3 medium garlic clove finely chopped
- ☐ 2 pounds green beans ends trimmed
- ☐ 1 cup heavy whipping cream
- ☐ 1 teaspoon kosher salt as needed plus more
- ☐ 1 cup panko bread crumbs
- ☐ 1 ounce parmesan cheese packed finely grated

- ☐ 0.3 cup parsley fresh italian finely chopped
- ☐ 0.3 cup slivered almonds
- ☐ 1 tablespoon butter unsalted melted

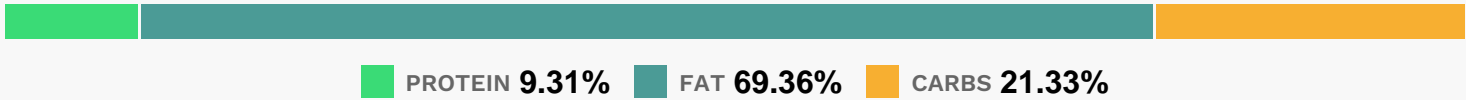
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ colander

Directions

- ☐ Heat the oven to 350°F and arrange a rack in the middle. Bring a large pot of heavily salted water to a boil over high heat. Meanwhile, place the panko, almonds, and butter in a medium bowl, season with salt and pepper, and use your hands to evenly combine; set aside.
- ☐ Add the green beans to the boiling water and cook until they're bright green and crisp-tender, about 3 minutes. (They won't be fully cooked.)
- ☐ Drain in a colander and rinse under cold water until the beans are cooled, then set aside in the colander. Reserve the pot.
- ☐ Place the cream, cream cheese, Parmesan, garlic, and measured salt and pepper in the pot over medium heat and cook, stirring occasionally, until the sauce is smooth and bubbling. Stir in the chives and parsley until evenly combined.
- ☐ Add the green beans and stir until evenly coated. Taste and season with additional salt and pepper as needed.
- ☐ Transfer to a 2-quart baking dish and pat the beans into an even layer.
- ☐ Sprinkle evenly with the reserved panko-almond mixture and bake until bubbling around the edges and heated through, about 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:3.77, Inflammation Score:-9, Nutrition Score:20.255217386329%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg 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 Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 420.22kcal (21.01%), Fat: 33.69g (51.83%), Saturated Fat: 19.07g (119.16%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 18.03g (6.56%), Sugar: 8.41g (9.34%), Cholesterol: 92.13mg (30.71%), Sodium: 683.98mg (29.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.18g (20.35%), Vitamin K: 113.88µg (108.45%), Vitamin A: 2541.16IU (50.82%), Manganese: 0.58mg (28.95%), Vitamin C: 23.77mg (28.81%), Vitamin B2: 0.43mg (25.54%), Fiber: 5.29g (21.14%), Calcium: 200.34mg (20.03%), Phosphorus: 194.73mg (19.47%), Folate: 74.11µg (18.53%), Vitamin E: 2.57mg (17.16%), Vitamin B1: 0.25mg (16.99%), Magnesium: 64.84mg (16.21%), Vitamin B6: 0.29mg (14.73%), Selenium: 9.97µg (14.24%), Potassium: 496.07mg (14.17%), Iron: 2.54mg (14.1%), Vitamin B3: 2.06mg (10.3%), Copper: 0.2mg (10.14%), Zinc: 1.2mg (7.98%), Vitamin B5: 0.78mg (7.78%), Vitamin D: 0.69µg (4.62%), Vitamin B12: 0.25µg (4.16%)