



WHATSheATE



## How to Make Green Bean Casserole

 Popular

READY IN



90 min.

SERVINGS



10

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 2 pounds green beans fresh trimmed
- ☐ 1 pinch ground nutmeg
- ☐ 10 servings salt and ground pepper black to taste
- ☐ 0.3 teaspoon ground thyme
- ☐ 4 ounces gruyère cheese shredded divided
- ☐ 2.5 cups milk

- ☐ 0.7 cup panko bread crumbs
- ☐ 0.3 cup parmesan cheese   grated
- ☐ 1 tablespoon sherry vinegar
- ☐ 2 large onions   yellow thinly sliced lengthwise

## Equipment

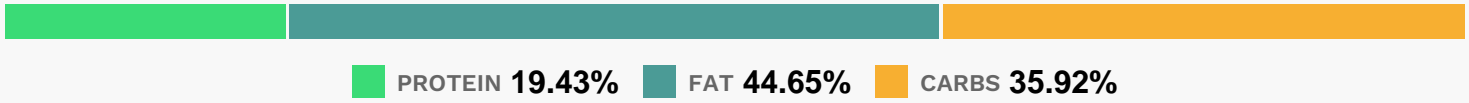
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish

## Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13 inch casserole dish.
- ☐ Heat 2 tablespoons of butter in a large skillet over medium heat. Stir the onions into the pan; cook and stir until very soft and golden brown, about 15 minutes. Stir in sherry vinegar.
- ☐ Transfer to a small bowl, and reserve.
- ☐ In the same skillet, melt 2 more tablespoons butter.
- ☐ Whisk in 2 tablespoons flour. Stirring constantly, cook over medium heat until the flour smells like baked pie crust, about 3 minutes. Slowly whisk in milk, about 1/2 cup at a time, then whisk in nutmeg, cayenne pepper, and thyme. Bring to simmer, and cook until thickened, whisking constantly, 3 more minutes.
- ☐ Transfer to a bowl and reserve.
- ☐ Melt remaining 2 tablespoons butter in clean skillet; stir in panko until all crumbs are coated; reserve.
- ☐ Bring a large saucepan of salted water to a boil over medium heat, and boil beans until bright green and crisp but not raw tasting, 3 to 4 minutes.
- ☐ Drain very well.

- ☐ Spoon half of the caramelized onions into the prepared casserole dish; top with green beans. Season with salt and black pepper.
- ☐ Spread reserved white sauce over the green beans; sprinkle with half of the Gruyere cheese. Top with the rest of the onions, and use the back of a spoon to push onions down into sauce and cheese. Top with the buttered panko crumbs, the remaining Gruyere, and Parmesan cheese.
- ☐ Bake in the preheated oven until hot throughout and lightly browned, about 30 minutes.
- ☐ Let sit 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:33.8, Glycemic Load:4.55, Inflammation Score:-7, Nutrition Score:12.102608691091%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg

## Nutrients (% of daily need)

Calories: 181.42kcal (9.07%), Fat: 9.32g (14.34%), Saturated Fat: 5.37g (33.57%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 13.63g (4.96%), Sugar: 7.49g (8.32%), Cholesterol: 28.71mg (9.57%), Sodium: 216.61mg (9.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.25%), Vitamin K: 40.73µg (38.79%), Calcium: 268.96mg (26.9%), Phosphorus: 204.36mg (20.44%), Vitamin A: 933.28IU (18.67%), Vitamin C: 13.31mg (16.13%), Manganese: 0.31mg (15.49%), Vitamin B2: 0.26mg (15.08%), Fiber: 3.25g (12.98%), Vitamin B1: 0.18mg (12.28%), Folate: 44.93µg (11.23%), Vitamin B6: 0.22mg (10.97%), Magnesium: 40.91mg (10.23%), Potassium: 355.02mg (10.14%), Vitamin B12: 0.57µg (9.58%), Selenium: 6.34µg (9.06%), Zinc: 1.18mg (7.9%), Iron: 1.36mg (7.57%), Vitamin B3: 1.16mg (5.8%), Vitamin B5: 0.58mg (5.78%), Vitamin D: 0.76µg (5.04%), Copper: 0.1mg (4.77%), Vitamin E: 0.53mg (3.53%)