



## Not Your Mama's Green Bean Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



219 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 tablespoons butter
- 3 tablespoons flour all-purpose
- 10 servings superfine flour for dredging (recommended: wondra flour)
- 2 pounds green beans fresh trimmed
- 1 tablespoon sage leaves dried fresh chopped
- 2 sprigs thyme leaves fresh
- 0.8 cup heavy cream
- 1 leek

- 8 ounces portabello mushrooms sliced
- 10 servings salt and pepper black freshly ground
- 3 tablespoons shallots finely chopped
- 0.8 cup cooking sherry
- 10 servings vegetable oil for deep frying
- 8 ounces mushrooms white sliced

## Equipment

- frying pan
- paper towels
- pot

## Directions

- Watch how to make this recipe.
- Melt 4 tablespoons butter in a large skillet over medium heat.
- Add the shallots and saute until translucent, about 3 minutes.
- Add the mushrooms, thyme and sage and saute until most of the liquid has evaporated, about 10 minutes. Stir in the flour and cook 5 more minutes. Next add the sherry and stir until thickened.
- Add the cream and simmer an additional 5 minutes. Set sauce aside. (Recipe can be made to this point up to 2 days before, refrigerated.)
- Melt the remaining butter in a large skillet over high heat.
- Add the beans, toss to coat with the butter and saute until bright green, about 7 minutes. They'll still be crispy. Season with salt and pepper and place on a platter.
- Bring the sauce to a simmer and spoon over the beans. Top with the frizzled leeks.
- Heat a couple inches of oil to 350 degrees F in a large, heavy pot. To check the oil temperature, drop a bread cube into it. If the cube browns within 30 seconds the oil is hot enough.
- Trim leek, slice in half lengthwise, and wash well under running water.
- Cut the root end off the leek and then cut each half lengthwise into long, thin strips.

Season flour with salt and pepper. Dredge leek strips in flour. Fry leeks for 1 to 2 minutes, or until crisp and golden.

Drain on paper towels.

## Nutrition Facts

**PROTEIN 7.37%** **FAT 68.08%** **CARBS 24.55%**

### Properties

Glycemic Index:35.7, Glycemic Load:3.76, Inflammation Score:-8, Nutrition Score:15.975217487501%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

### Nutrients (% of daily need)

Calories: 218.97kcal (10.95%), Fat: 16.5g (25.39%), Saturated Fat: 8.95g (55.92%), Carbohydrates: 13.39g (4.46%), Net Carbohydrates: 9.97g (3.63%), Sugar: 5.26g (5.85%), Cholesterol: 38.23mg (12.74%), Sodium: 70.6mg (3.07%), Alcohol: 1.85g (100%), Alcohol %: 1.11% (100%), Protein: 4.02g (8.04%), Copper: 2.04mg (102%), Vitamin K: 49.77µg (47.4%), Vitamin A: 1256.8IU (25.14%), Manganese: 0.39mg (19.32%), Vitamin B2: 0.27mg (16.1%), Vitamin C: 13.28mg (16.1%), Vitamin B3: 2.77mg (13.85%), Fiber: 3.42g (13.67%), Folate: 53.56µg (13.39%), Selenium: 8.4µg (12%), Potassium: 411.4mg (11.75%), Vitamin B6: 0.23mg (11.68%), Phosphorus: 102.02mg (10.2%), Vitamin B1: 0.14mg (9.52%), Iron: 1.66mg (9.23%), Vitamin B5: 0.9mg (8.98%), Magnesium: 33.07mg (8.27%), Vitamin E: 1.05mg (7.02%), Calcium: 62.23mg (6.22%), Zinc: 0.58mg (3.88%), Vitamin D: 0.4µg (2.66%), Vitamin B12: 0.06µg (1.05%)