



Not Your Mama's Green Bean Casserole

 Vegetarian

READY IN



120 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 pound green beans fresh rinsed trimmed
- ☐ 2 cloves garlic minced
- ☐ 1 cup half-and-half
- ☐ 1 teaspoon kosher salt

- ☐ 2 tablespoons kosher salt
- ☐ 12 ounces mushrooms trimmed cut into 1/2-inch pieces
- ☐ 0.3 teaspoon nutmeg freshly ground
- ☐ 2 medium onions thinly sliced
- ☐ 2 tablespoons panko bread crumbs
- ☐ 2 tablespoons butter unsalted
- ☐ 1 gallon water

Equipment

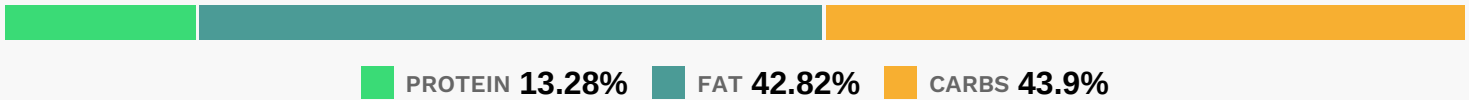
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 475 degrees F.
- ☐ Combine the onions, flour, panko and salt in a large mixing bowl and toss to combine. Coat a sheet pan with nonstick spray and evenly spread the onions on the pan.
- ☐ Bake in the oven until golden brown, tossing every 10 minutes, for approximately 30 minutes. Once done, remove from the oven and set aside until ready to use.
- ☐ Turn the oven down to 400 degrees F.
- ☐ While the onions are cooking, prepare the beans. Bring a gallon of water and 2 tablespoons of salt to a boil in an 8-quart saucepan. Blanch for 5 minutes.
- ☐ Drain in a colander and immediately plunge the beans into a large bowl of ice water to stop the cooking.
- ☐ Drain and set aside.
- ☐ Melt the butter in a 12-inch cast-iron skillet set over medium-high heat.

- ☐ Add the mushrooms, salt and pepper and cook, stirring occasionally, until the mushrooms begin to give up some of their liquid, approximately 4 to 5 minutes.
- ☐ Add the garlic and nutmeg and continue to cook for another 1 to 2 minutes.
- ☐ Sprinkle the flour over the mixture and stir to combine. Cook for 1 minute.
- ☐ Add the broth and simmer for 1 minute.
- ☐ Add the half-and-half and cook until the mixture thickens, approximately 6 to 8 minutes.
- ☐ Remove from the heat and stir in 1/4 of the onions and all of the green beans. Top with the remaining onions.
- ☐ Place into the oven and bake until bubbly, approximately 15 minutes.
- ☐ Remove and serve immediately.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:7.04, Inflammation Score:-7, Nutrition Score:13.404347844746%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg, Quercetin: 9.52mg

Nutrients (% of daily need)

Calories: 182.79kcal (9.14%), Fat: 9.19g (14.15%), Saturated Fat: 5.4g (33.73%), Carbohydrates: 21.21g (7.07%), Net Carbohydrates: 17.54g (6.38%), Sugar: 7.24g (8.05%), Cholesterol: 24.93mg (8.31%), Sodium: 2948.64mg (128.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.84%), Vitamin K: 34.04µg (32.42%), Vitamin B2: 0.47mg (27.79%), Manganese: 0.39mg (19.32%), Copper: 0.39mg (19.29%), Vitamin B3: 3.46mg (17.31%), Vitamin C: 13.8mg (16.73%), Vitamin B1: 0.24mg (16.04%), Selenium: 11.02µg (15.74%), Vitamin A: 783.63IU (15.67%), Folate: 60.7µg (15.17%), Fiber: 3.67g (14.68%), Phosphorus: 144.92mg (14.49%), Potassium: 476.62mg (13.62%), Vitamin B6: 0.25mg (12.52%), Vitamin B5: 1.25mg (12.5%), Calcium: 114.51mg (11.45%), Magnesium: 42.38mg (10.6%), Iron: 1.77mg (9.81%), Zinc: 0.92mg (6.1%), Vitamin E: 0.56mg (3.72%), Vitamin B12: 0.13µg (2.11%), Vitamin D: 0.18µg (1.22%)