



Sautéed Green Beans with Wild Mushrooms

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cooking wine dry white
- ☐ 1 teaspoon thyme leaves dried fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 pounds green beans stemmed
- ☐ 3 tablespoons olive oil
- ☐ 1 small onion red thinly sliced
- ☐ 1 pound shiitake wild thinly sliced
- ☐ 2 tablespoons butter unsalted softened

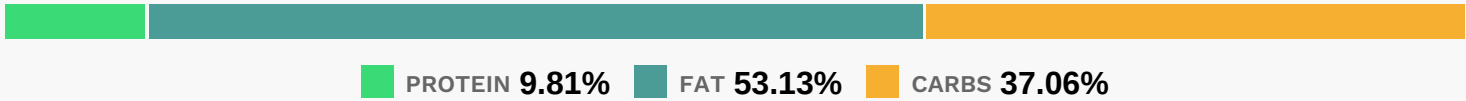
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Prepare a large bowl of ice water. Set aside.
- ☐ Bring a large pot of salted water to a boil.
- ☐ Add the green beans and cook for 4 to 5 minutes, until crisp-tender.
- ☐ Drain the green beans, then submerge them in the ice water for 2 to 3 minutes.
- ☐ In a large nonstick skillet, heat the olive oil over medium-high heat.
- ☐ Add the mushrooms, onion, and garlic and cook, stirring occasionally, until the mushrooms are nicely browned, about 10 to 11 minutes.
- ☐ Add the wine and cook for 1 minute.
- ☐ Add the green beans and thyme and cook until heated through. When done, remove from the heat, add the butter, and toss to combine. Season to taste with salt and pepper.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:3.39, Inflammation Score:-7, Nutrition Score:12.456956509987%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin:

0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 139.05kcal (6.95%), Fat: 8.64g (13.3%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 8.79g (3.2%), Sugar: 5.71g (6.35%), Cholesterol: 7.53mg (2.51%), Sodium: 13.52mg (0.59%), Alcohol: 0.77g (100%), Alcohol %: 0.49% (100%), Protein: 3.59g (7.18%), Vitamin K: 54.41µg (51.82%), Manganese: 0.42mg (21.22%), Fiber: 4.78g (19.1%), Vitamin C: 15.15mg (18.36%), Vitamin B6: 0.36mg (17.82%), Vitamin A: 875IU (17.5%), Vitamin B3: 3.07mg (15.34%), Vitamin B2: 0.25mg (14.61%), Potassium: 441.95mg (12.63%), Folate: 47.95µg (11.99%), Phosphorus: 114.17mg (11.42%), Vitamin B5: 1.13mg (11.34%), Magnesium: 42.35mg (10.59%), Iron: 1.65mg (9.15%), Vitamin E: 1.31mg (8.77%), Copper: 0.17mg (8.41%), Vitamin B1: 0.11mg (7.37%), Zinc: 0.91mg (6.05%), Selenium: 4.14µg (5.91%), Calcium: 51.54mg (5.15%), Vitamin D: 0.28µg (1.86%)