



Sherried Green Beans and Mushrooms



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter divided
- ☐ 0.3 cup cooking sherry dry
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1.5 pounds haricots verts trimmed
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.8 pound exotic mushroom blend coarsely chopped

☐ 0.3 cup shallots thinly sliced

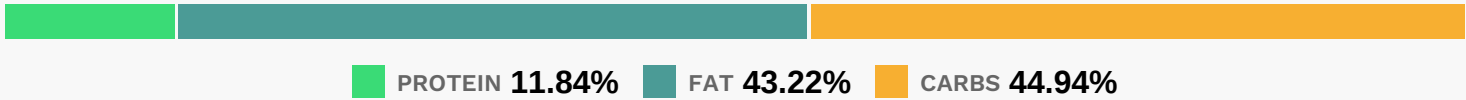
Equipment

☐ frying pan

Directions

- ☐ Steam haricots verts 5 minutes or until crisp-tender; remove from heat.
- ☐ Melt 2 tablespoons butter in a large skillet over medium-high heat.
- ☐ Add shallots to pan; saut 3 minutes, stirring occasionally.
- ☐ Add mushrooms; saut 5 minutes or until liquid evaporates. Stir in sherry; bring to a boil. Cook until liquid almost evaporates (about 2 minutes).
- ☐ Add remaining 1 tablespoon butter and haricots verts; cook 30 seconds or until thoroughly heated, tossing to coat.
- ☐ Remove from heat.
- ☐ Add parsley, thyme, salt, and pepper; toss to combine.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:2.74, Inflammation Score:-8, Nutrition Score:10.771304328804%

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: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 93.07kcal (4.65%), Fat: 4.69g (7.21%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 7.14g (2.6%), Sugar: 4.65g (5.17%), Cholesterol: 11.29mg (3.76%), Sodium: 263.17mg (11.44%),

Alcohol: 0.77g (100%), Alcohol %: 0.64% (100%), Protein: 2.89g (5.78%), Vitamin K: 61.85µg (58.91%), Vitamin A: 869.23IU (17.38%), Manganese: 0.35mg (17.33%), Vitamin C: 13.96mg (16.92%), Fiber: 3.83g (15.3%), Vitamin B6: 0.29mg (14.29%), Vitamin B3: 2.33mg (11.67%), Vitamin B2: 0.19mg (11.16%), Potassium: 361.3mg (10.32%), Folate: 39.7µg (9.93%), Phosphorus: 90.07mg (9.01%), Vitamin B5: 0.88mg (8.77%), Magnesium: 34.46mg (8.62%), Iron: 1.38mg (7.69%), Copper: 0.13mg (6.74%), Vitamin B1: 0.08mg (5.62%), Zinc: 0.72mg (4.82%), Selenium: 3.12µg (4.46%), Calcium: 42.68mg (4.27%), Vitamin E: 0.49mg (3.25%), Vitamin D: 0.17µg (1.13%)