



Skillet Green Bean Casserole

READY IN



45 min.

SERVINGS



2

CALORIES



237 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup brown mushrooms thinly sliced
- ☐ 1 tbsp cornstarch
- ☐ 0.5 pound green beans trimmed
- ☐ 0.5 cup plant-based milk
- ☐ 2 tbsp nutritional yeast
- ☐ 1 onion diced whole
- ☐ 1 tbsp granulated poultry seasoning (not powdered)
- ☐ 0.5 tsp thyme leaves
- ☐ 1 cup vegetable broth

- ☐ 2 garlic cloves whole minced
- ☐ 0.3 cup bread whole wheat

Equipment

- ☐ bowl
- ☐ whisk

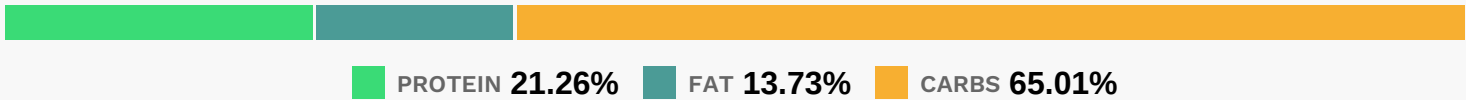
Directions

- ☐ Mix cornstarch into 2 tbsp of water and set aside.
- ☐ Saute the onions and garlic in broth until translucent. add in the mushrooms, green beans and spices and cook until the mushrooms are soft and the green beans are cooked but still crisp, about 7 minutes.
- ☐ Pour in the non-dairy milk and cornstarch mixture. Immediately whisk in nutritional yeast. Allow the mixture to thicken and turn off heat. Salt and pepper to taste. Spoon the casserole mixture into bowls and top with toasted bread crumbs or fried onions if desired.

Nutritional Information

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 60g
- ☐ Carbohydrate
- ☐ 30gDietary Fiber7.90gSugars8gProtein13.10g

Nutrition Facts



Properties

Glycemic Index:150.35, Glycemic Load:13.06, Inflammation Score:-9, Nutrition Score:21.986956596375%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 14.31mg, Quercetin: 14.31mg, Quercetin: 14.31mg, Quercetin: 14.31mg

Nutrients (% of daily need)

Calories: 237.46kcal (11.87%), Fat: 3.84g (5.91%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 40.94g (13.65%), Net Carbohydrates: 32.71g (11.89%), Sugar: 11.98g (13.31%), Cholesterol: 7.32mg (2.44%), Sodium: 638.91mg (27.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.78%), Vitamin K: 69.24µg (65.94%), Manganese: 1.21mg (60.37%), Fiber: 8.24g (32.95%), Selenium: 19.8µg (28.29%), Vitamin B2: 0.45mg (26.52%), Vitamin A: 1201.21IU (24.02%), Phosphorus: 235.63mg (23.56%), Potassium: 824.7mg (23.56%), Vitamin C: 19.42mg (23.55%), Vitamin B6: 0.43mg (21.68%), Calcium: 212.55mg (21.26%), Vitamin B1: 0.31mg (20.95%), Iron: 3.52mg (19.53%), Copper: 0.38mg (18.89%), Vitamin B3: 3.73mg (18.64%), Magnesium: 73.3mg (18.32%), Folate: 72.51µg (18.13%), Vitamin B5: 1.31mg (13.12%), Zinc: 1.64mg (10.95%), Vitamin B12: 0.37µg (6.09%), Vitamin D: 0.71µg (4.71%), Vitamin E: 0.7mg (4.67%)