

# Sformatini di fagiolini (Green Bean Timbales)

Yield: 6 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/easter-dishes-recipes>

## Ingredients:

- 1 1/8 pounds green beans trimmed
- 2 shallots peeled and finely minced
- butter
- salt
- pepper
- 6 tablespoons flour
- 2/3 cup butter
- 2 1/8 cups milk
- 4 egg yolks
- 3/4 cup grated Parmesan cheese
- salt
- pepper
- nutmeg to taste
- Fontina optional
- scamorza optional
- Emmenthal optional
- cheese optional
- 1 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 1 tablespoon butter

## Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 315 milligrams
4. Fat: 60 grams
5. Fiber: 4 grams

6. Protein: 22 grams
  7. SaturatedFat: 36 grams
  8. Sodium: 940 milligrams
  9. Sugar: 9 grams
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