

Holiday Green Bean Casserole

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-green-bean-casserole-recipe>

Ingredients:

- 2 tablespoons butter
- 1/2 yellow onion medium, diced
- 8 ounces button mushrooms quartered
- 4 cloves garlic minced
- 8 ounces cream cheese
- 3/4 cup chicken stock or bone broth
- 1/4 cup heavy cream
- 1/2 tablespoon Worcestershire sauce
- 1/2 tablespoon low sodium soy sauce or tamari sauce or coconut aminos
- 1/2 tablespoon fresh lemon juice
- 1/4 teaspoon black pepper
- 1 pound green beans stems trimmed
- 1/4 cup almond flour
- 2 ounces grated Parmesan cheese freshly-
- 1 teaspoon Italian herb seasoning dried
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/8 teaspoon black pepper
- 1 tablespoon extra virgin olive oil

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 115 milligrams
4. Fat: 43 grams
5. Fiber: 5 grams
6. Protein: 16 grams
7. SaturatedFat: 22 grams
8. Sodium: 610 milligrams

9. Sugar: 8 grams

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