



Absolutely Delicious Green Bean Casserole from Scratch

READY IN



35 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons butter
- ☐ 8 ounces crimini mushrooms quartered
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2.8 ounce fried onions french canned
- ☐ 24 ounce cut green beans frozen french
- ☐ 1 pinch ground pepper black
- ☐ 0.5 teaspoon lemon zest

- ☐ 0.5 cup milk
- ☐ 1 small onion halved thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 cup heavy whipping cream sour

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Place green beans into a saucepan and fill with about 1/2 inch of water. Bring to a boil and steam until beans are tender but still bright green, about 5 minutes.
- ☐ Drain and toss with the mushrooms. Set aside.
- ☐ Melt the butter in a large skillet over medium heat.
- ☐ Add the onion and parsley; cook and stir until onion is tender.
- ☐ Whisk in flour until blended, then mix in the lemon zest, salt, and pepper. Gradually whisk in milk, stirring constantly, so that no lumps form and then stir in sour cream. Warm over medium heat until the sauce begins to bubble. Dump in the green beans and mushrooms, stirring to coat.
- ☐ Remove from the heat and toss briefly with some of the Cheddar cheese and French fried onions, saving some of each to sprinkle over the top. Spoon into a 1 1/2 quart casserole dish and top with the reserved onions and cheese.
- ☐ Bake in the preheated oven until the cheese melts, about 15 minutes.

Nutrition Facts



 **PROTEIN 8.91%**  **FAT 65.3%**  **CARBS 25.79%**

Properties

Glycemic Index:54.5, Glycemic Load:4.28, Inflammation Score:-8, Nutrition Score:15.535652264305%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 316.99kcal (15.85%), Fat: 23.73g (36.5%), Saturated Fat: 12.48g (78%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 17.48g (6.36%), Sugar: 7.18g (7.98%), Cholesterol: 49.52mg (16.51%), Sodium: 440.17mg (19.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.57%), Vitamin K: 61.13µg (58.22%), Vitamin A: 1380.06IU (27.6%), Vitamin B2: 0.46mg (26.81%), Selenium: 15.96µg (22.8%), Vitamin C: 16.14mg (19.57%), Phosphorus: 189.45mg (18.94%), Calcium: 185.14mg (18.51%), Manganese: 0.34mg (17.02%), Potassium: 519.89mg (14.85%), Folate: 59.19µg (14.8%), Fiber: 3.6g (14.39%), Copper: 0.29mg (14.36%), Vitamin B6: 0.25mg (12.62%), Vitamin B3: 2.5mg (12.52%), Vitamin B1: 0.18mg (11.78%), Vitamin B5: 1.1mg (11.02%), Magnesium: 42.82mg (10.7%), Zinc: 1.3mg (8.64%), Iron: 1.55mg (8.61%), Vitamin E: 0.87mg (5.78%), Vitamin B12: 0.34µg (5.66%), Vitamin D: 0.32µg (2.12%)