



Amy's Cheesy Green Bean Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 6 ounce fried onions french canned
- 1 tablespoon garlic fresh minced
- 31 ounce cut green beans french drained canned
- 6 servings salt and ground pepper black to taste
- 1 tablespoon garlic and herb seasoning blend
- 1.5 cups cheddar cheese shredded

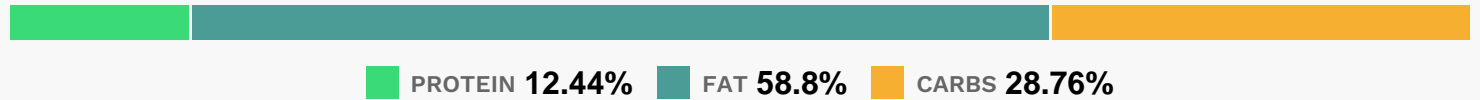
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch baking dish.
- Mix the green beans with the mushroom soup, Cheddar cheese, garlic, and garlic and herb seasoning blend. Season to taste with salt and pepper. Spoon the bean mixture into the prepared baking dish.
- Bake in preheated oven until bubbly, about 30 minutes.
- Remove from oven, and sprinkle the top with French fried onions. Return to oven, and bake until onions are golden brown, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:3.23, Inflammation Score:-8, Nutrition Score:17.221739038177%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 377.6kcal (18.88%), Fat: 25.04g (38.52%), Saturated Fat: 12.04g (75.28%), Carbohydrates: 27.56g (9.19%), Net Carbohydrates: 22.4g (8.15%), Sugar: 4.98g (5.54%), Cholesterol: 30.79mg (10.26%), Sodium: 790.68mg (34.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.92g (23.83%), Vitamin K: 79.17µg (75.4%), Manganese: 0.63mg (31.48%), Calcium: 298.17mg (29.82%), Vitamin A: 1336.31IU (26.73%), Vitamin C: 18.34mg (22.23%), Fiber: 5.16g (20.63%), Phosphorus: 205.62mg (20.56%), Vitamin B2: 0.32mg (18.94%), Folate: 63.72µg (15.93%), Iron: 2.85mg (15.83%), Vitamin B6: 0.29mg (14.44%), Magnesium: 54.96mg (13.74%), Zinc: 2.03mg (13.53%), Selenium: 9.18µg (13.11%), Potassium: 432.54mg (12.36%), Copper: 0.23mg (11.64%), Vitamin B1: 0.15mg (9.71%), Vitamin E: 1.26mg (8.43%), Vitamin B3: 1.67mg (8.36%), Vitamin B12: 0.38µg (6.35%), Vitamin B5: 0.57mg (5.75%), Vitamin D: 0.17µg (1.13%)