



Anika's Cheesy Green Bean Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 6 ounce cheddar-flavored fried onions french canned (such as French's®)
- 45 ounce cut green beans french drained canned
- 5 ounce bacon cheese spread
- 9 servings salt and pepper to taste

Equipment

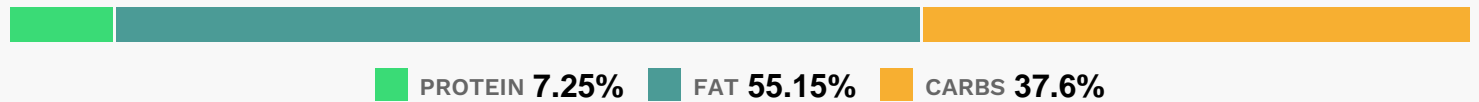
- bowl
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix the green beans and mushroom soup in a large bowl. Spoon into 9x13 inch baking dish; season with salt and pepper. Dollop the cheese spread on top of the beans in heaping tablespoons.
- Bake in preheated oven for 30 minutes.
- Remove from oven; scatter fried onions over casserole.
- Bake until onions are golden brown, about 5 additional minutes.

Nutrition Facts



Properties

Glycemic Index:5.11, Glycemic Load:2.78, Inflammation Score:-7, Nutrition Score:11.10565204724%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 231.39kcal (11.57%), Fat: 14.03g (21.59%), Saturated Fat: 5.84g (36.5%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 17.62g (6.41%), Sugar: 6.05g (6.73%), Cholesterol: 10.28mg (3.43%), Sodium: 763.03mg (33.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin K: 60.95µg (58.05%), Vitamin A: 1121.22IU (22.42%), Vitamin C: 18.32mg (22.21%), Manganese: 0.41mg (20.41%), Fiber: 3.89g (15.58%), Folate: 49.15µg (12.29%), Calcium: 111.19mg (11.12%), Vitamin B6: 0.21mg (10.67%), Vitamin B2: 0.17mg (9.87%), Potassium: 341.79mg (9.77%), Magnesium: 37.81mg (9.45%), Iron: 1.7mg (9.44%), Copper: 0.17mg (8.28%), Vitamin B1: 0.12mg (8.2%), Vitamin B3: 1.35mg (6.73%), Phosphorus: 63.68mg (6.37%), Zinc: 0.71mg (4.75%), Vitamin E: 0.58mg (3.87%), Vitamin B5: 0.38mg (3.83%), Selenium: 0.85µg (1.22%)