



Basic Green Bean Casserole

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



77 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup japanese breadcrumbs panko
- ☐ 1 cup fried onions french crushed
- ☐ 8 servings simple blanched green beans
- ☐ 8 servings buttermilk sauce white

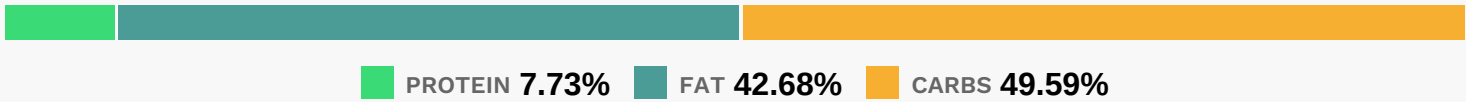
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Stir together white sauce and green beans.
- ☐ Place mixture in a lightly greased 13- x 9-inch or 3-qt. baking dish.
- ☐ Combine French fried onions and breadcrumbs.
- ☐ Sprinkle over green bean mixture.
- ☐ Bake at 350 for 25 to 30 minutes or until golden brown and bubbly.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used French's French Fried Onions.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:1.08, Inflammation Score:-4, Nutrition Score:4.3865217683108%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 76.83kcal (3.84%), Fat: 3.72g (5.73%), Saturated Fat: 1.53g (9.55%), Carbohydrates: 9.73g (3.24%), Net Carbohydrates: 8.08g (2.94%), Sugar: 2.26g (2.51%), Cholesterol: 0mg (0%), Sodium: 101.06mg (4.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Vitamin K: 23.9µg (22.76%), Vitamin C: 6.71mg (8.13%), Manganese: 0.15mg (7.66%), Vitamin A: 379.5IU (7.59%), Fiber: 1.65g (6.61%), Folate: 22.16µg (5.54%), Vitamin B1: 0.08mg (5.42%), Vitamin B2: 0.07mg (4.25%), Iron: 0.75mg (4.15%), Vitamin B6: 0.08mg (4.1%), Magnesium: 15.36mg (3.84%), Potassium: 123.4mg (3.53%), Vitamin B3: 0.65mg (3.26%), Calcium: 27.21mg (2.72%), Phosphorus: 27.09mg (2.71%), Copper: 0.05mg (2.38%), Selenium: 1.27µg (1.82%), Vitamin E: 0.23mg (1.52%), Vitamin B5: 0.14mg (1.44%), Zinc: 0.19mg (1.24%)