



Best Green Bean Casserole

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons breadcrumbs plain progresso®
- 18 oz cream of mushroom soup progresso® canned
- 2.8 oz fried onions canned
- 43.5 oz green beans drained green giant® canned
- 1 Dash pepper black
- 1 teaspoon soya sauce

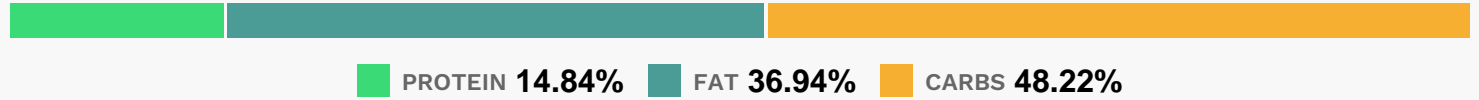
Equipment

- oven

Directions

- Heat oven to 350°F. In ungreased 1 1/2-quart casserole, mix soup, soy sauce, pepper, bread crumbs, green beans and 2/3 cup of the onions.
- Bake about 30 minutes or until hot and bubbly. Stir; sprinkle with remaining onions.
- Bake about 10 minutes longer or until onions are golden brown.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:4.05, Inflammation Score:-8, Nutrition Score:17.076956717864%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 212.09kcal (10.6%), Fat: 9.1g (14%), Saturated Fat: 3.92g (24.47%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 20.85g (7.58%), Sugar: 6.92g (7.69%), Cholesterol: 4.25mg (1.42%), Sodium: 805.79mg (35.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.23g (16.45%), Vitamin K: 88.63µg (84.41%), Manganese: 0.74mg (36.84%), Vitamin C: 25.08mg (30.39%), Vitamin A: 1418.28IU (28.37%), Fiber: 5.88g (23.53%), Folate: 77.53µg (19.38%), Vitamin B6: 0.33mg (16.5%), Vitamin B2: 0.28mg (16.46%), Copper: 0.32mg (16.1%), Iron: 2.9mg (16.1%), Potassium: 549.71mg (15.71%), Magnesium: 59.2mg (14.8%), Vitamin B1: 0.22mg (14.56%), Vitamin B3: 2.53mg (12.67%), Phosphorus: 109.59mg (10.96%), Zinc: 1.48mg (9.88%), Calcium: 85.82mg (8.58%), Vitamin B5: 0.65mg (6.46%), Vitamin E: 0.85mg (5.64%), Selenium: 2.08µg (2.97%), Vitamin B12: 0.15µg (2.46%)