



Caesar Green Bean Casserole with Buttery Croutons

READY IN



35 min.

SERVINGS



12

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.5 cups unseasoned bread cubes fresh french italian
- 0.5 cup spread country crock®
- 1 tablespoon garlic minced
- 8 cups vegetables mixed cooked (such as green beans and red bell pepper)
- 2 tablespoons parmesan cheese divided grated

Equipment

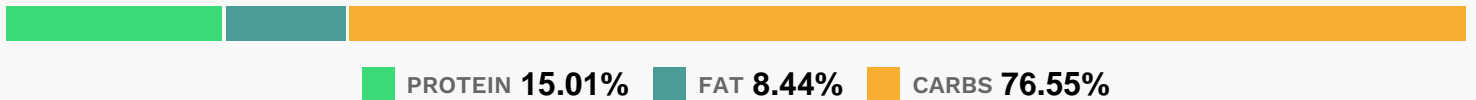
- bowl

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 37
- Melt Country Crock
- Spread over medium heat in large nonstick skillet.
- Remove 2 tablespoons to medium bowl; add bread cubes and 1 tablespoon of the Parmesan and toss to coat. Set aside.
- Add garlic to skillet and cook over low heat 1 minute.
- Add vegetables and remaining Parmesan and toss to coat.
- Pour into shallow 2-qt. baking dish and sprinkle with bread cubes.
- Bake 25 minutes or until vegetables are heated through and bread cubes are lightly golden.
- Cost per recipe*: \$66 Cost per serving*: \$.63 *Based on average retail prices at national supermarkets.

Nutrition Facts



Properties

Glycemic Index:15.72, Glycemic Load:11.68, Inflammation Score:-10, Nutrition Score:11.96347835911%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 140.07kcal (7%), Fat: 1.4g (2.16%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 28.63g (9.54%), Net Carbohydrates: 23.19g (8.43%), Sugar: 5.2g (5.78%), Cholesterol: 0.73mg (0.24%), Sodium: 129.89mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Vitamin A: 6168.81IU (123.38%), Manganese: 0.45mg (22.54%), Fiber: 5.44g (21.75%), Vitamin C: 13.67mg (16.57%), Vitamin B1: 0.2mg (13.27%), Folate: 46.2µg (11.55%), Vitamin B3: 2.18mg (10.9%), Phosphorus: 94.71mg (9.47%), Iron: 1.63mg (9.07%), Magnesium: 34.74mg

(8.68%), Vitamin B2: 0.14mg (8.43%), Potassium: 285.07mg (8.14%), Copper: 0.14mg (7.09%), Vitamin B6: 0.14mg (7.01%), Selenium: 4.42µg (6.31%), Calcium: 55.36mg (5.54%), Zinc: 0.72mg (4.78%), Vitamin B5: 0.3mg (3.02%)