



Campbell's® Healthy Request® Green Bean Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of mushroom soup healthy request® canned
- ☐ 1 pound green beans fresh cooked drained cut
- ☐ 2 tablespoons french's® fried onions french
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 teaspoon soya sauce reduced-sodium
- ☐ 0.3 cup milk 2% (fat)
- ☐ 1 teaspoon onion powder

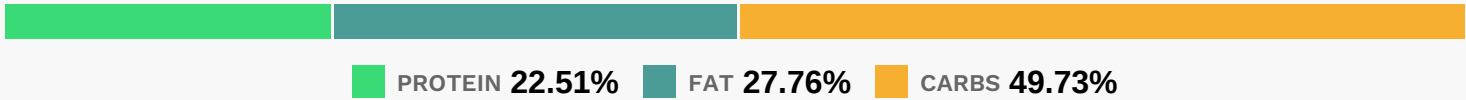
Equipment

☐ oven

Directions

- ☐ Mix the soup, milk, onion powder, black pepper, soy sauce and green beans in a 1 1/2-quart casserole.
- ☐ Bake at 350 degrees F for 25 minutes or until hot.
- ☐ Stir the green bean mixture. Top with the onions.
- ☐ Bake for 5 minutes more or until the onions are golden brown.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:7.0665217482525%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 69.53kcal (3.48%), Fat: 2.29g (3.52%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 7g (2.54%), Sugar: 2.98g (3.31%), Cholesterol: 3.76mg (1.25%), Sodium: 408.49mg (17.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Vitamin K: 32.62µg (31.07%), Manganese: 0.33mg (16.46%), Vitamin C: 9.3mg (11.27%), Vitamin A: 538.33IU (10.77%), Fiber: 2.21g (8.84%), Copper: 0.16mg (7.84%), Vitamin B2: 0.13mg (7.38%), Folate: 29.09µg (7.27%), Potassium: 245.53mg (7.02%), Vitamin B6: 0.14mg (6.85%), Iron: 1.16mg (6.46%), Magnesium: 24.7mg (6.17%), Phosphorus: 56.25mg (5.62%), Zinc: 0.8mg (5.35%), Vitamin B1: 0.08mg (5.32%), Vitamin B3: 1.03mg (5.17%), Calcium: 44.22mg (4.42%), Vitamin B5: 0.31mg (3.1%), Vitamin B12: 0.14µg (2.27%), Vitamin E: 0.32mg (2.13%)