



## Cheddar-Pecan Green Bean Casserole

READY IN



10 min.

SERVINGS



8

CALORIES



185 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
- 0.5 cup pecans chopped
- 1 cup roasted bell peppers red jarred finely chopped
- 4 oz freshly sharp cheddar cheese shredded divided

### Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 35
- Combine Buttermilk White Sauce, peppers, and 1/2 cup cheese in a large bowl; add green beans, tossing gently to combine.
- Place in a lightly greased 13- x 9-inch or 3-qt. baking dish.
- Combine French fried onions, Japanese breadcrumbs, chopped pecans, and remaining 1/2 cup cheese, and sprinkle over green bean mixture.
- Bake at 350 for 25 to 30 minutes or until golden brown and bubbly.
- Serve immediately.
- Simple Pecan-Green Bean Casserole: Omit shredded sharp Cheddar cheese. Preheat oven to 35
- Place French fried onions, Japanese breadcrumbs, and chopped pecans in an even layer in a 15- x 10-inch jelly-roll pan.
- Bake 8 to 10 minutes or until toasted, stirring after 5 minutes. Prepare Buttermilk White Sauce and Simple Blanched Green Beans as directed. (Do not plunge beans into ice water.) Gently toss together green beans and roasted red bell peppers, and spoon onto a serving platter. Top with Buttermilk White Sauce, and sprinkle with toasted pecan mixture. Makes 6 to 8 servings; Prep: 10 min.,
- Bake: 10 min.

## Nutrition Facts



## Properties

Glycemic Index:10.38, Glycemic Load:1.2, Inflammation Score:-5, Nutrition Score:8.7030433701432%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg 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: 184.89kcal (9.24%), Fat: 13.5g (20.77%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 9.19g (3.34%), Sugar: 2.57g (2.86%), Cholesterol: 14.17mg (4.72%), Sodium: 433.34mg (18.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.17%), Manganese: 0.49mg (24.46%), Vitamin K: 24.48µg (23.31%), Vitamin C: 14.92mg (18.09%), Calcium: 139.37mg (13.94%), Vitamin A: 616.35IU (12.33%), Phosphorus: 114.38mg (11.44%), Fiber: 2.52g (10.07%), Vitamin B1: 0.13mg (8.99%), Vitamin B2: 0.15mg (8.76%), Selenium: 5.6µg (8%), Copper: 0.16mg (7.83%), Folate: 29.44µg (7.36%), Magnesium: 29.36mg (7.34%), Zinc: 1.05mg (6.98%), Vitamin B6: 0.14mg (6.87%), Iron: 1.08mg (6.01%), Potassium: 187.8mg (5.37%), Vitamin B3: 0.84mg (4.18%), Vitamin E: 0.43mg (2.87%), Vitamin B12: 0.16µg (2.72%), Vitamin B5: 0.27mg (2.68%)