



Cheesy Green Bean Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



378 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 21.5 ounce cream of mushroom soup canned
- 2.8 ounce fried onions french canned
- 32 ounce cut green beans frozen french
- 0.8 cup milk
- 0.5 pound processed cheese food sliced (eg. Velveeta)
- 2 cups cheddar cheese shredded

Equipment

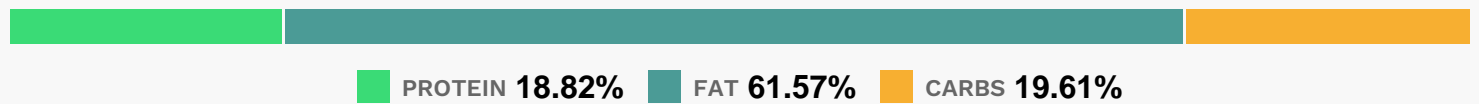
- oven

- mixing bowl
- casserole dish

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease a 2 quart casserole dish.
- In a mixing bowl, combine mushroom soup, milk, cheddar cheese, and half of the onions.
- Mix together.
- Layer the bottom of a 2 quart casserole dish with 1/2 of the green beans.
- Pour half of the soup mixture over beans, and add half of the processed cheese. Repeat layering, and top with remaining onions.
- Bake for 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:3.1, Inflammation Score:-8, Nutrition Score:17.958695432414%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 377.81kcal (18.89%), Fat: 26.25g (40.38%), Saturated Fat: 14g (87.52%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 15.59g (5.67%), Sugar: 5.53g (6.15%), Cholesterol: 63.15mg (21.05%), Sodium: 1296.81mg (56.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.05g (36.1%), Calcium: 569.12mg (56.91%), Vitamin K: 50.24µg (47.85%), Phosphorus: 399.4mg (39.94%), Vitamin A: 1370.47IU (27.41%), Manganese: 0.49mg (24.44%), Vitamin B2: 0.39mg (22.71%), Selenium: 14.84µg (21.19%), Zinc: 2.95mg (19.64%), Vitamin C: 13.83mg (16.77%), Vitamin B12: 0.97µg (16.17%), Magnesium: 51.43mg (12.86%), Fiber: 3.21g (12.86%), Folate: 50.96µg (12.74%), Copper: 0.25mg (12.66%), Potassium: 428.75mg (12.25%), Vitamin B6: 0.24mg (11.96%), Iron: 1.93mg (10.7%), Vitamin B1: 0.13mg (8.9%), Vitamin B3: 1.58mg (7.89%), Vitamin B5: 0.72mg (7.16%), Vitamin E: 0.92mg (6.1%), Vitamin D: 0.59µg (3.94%)