



## Cheesy Green Bean Casserole

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 oz american-cheddar cheese blend shredded
- 10.8 oz cream of mushroom soup canned
- 1.5 cups cheddar french-fried onions (from 6-oz can)
- 12 oz green giant valley steamers cut green beans fresh frozen thawed drained
- 0.5 cup bell pepper red chopped
- 1 teaspoon soya sauce


## Equipment

- oven

## Directions

- Heat oven to 350 degrees F. In 1 1/2-quart casserole, stir together soup, cheese blend and soy sauce. Stir in green beans, bell pepper and 1 cup of the onions.
- Cover; bake about 30 minutes or until beans are tender and mixture is heated through. Stir; top with remaining 1/2 cup onions.
- Bake uncovered about 5 minutes longer or until onions are brown and crisp.
- High Altitude (3500–6500 ft): In step 2, cover and bake about 35 minutes.
- Serving (1/2 cup): Calories 180 (Calories from Fat 110); Total Fat 12g (Saturated Fat 5g, Trans Fat 1 1/2g); Cholesterol 15mg; Sodium 480mg; Total Carbohydrate 11g (Dietary Fiber 2g, Sugars 3g); Protein 5g Percent Daily Value\*: Vitamin A 15%; Vitamin C 10%; Calcium 10%; Iron 6% Exchanges: 1/2 Other Carbohydrate; 1 Vegetable; 1/2 High-Fat Meat; 1 1/2 Fat Carbohydrate Choices: 1
- \*Percent Daily Values are based on a 2,000 calorie diet.

## Nutrition Facts

 PROTEIN **14.67%**  FAT **60.24%**  CARBS **25.09%**

## Properties

Glycemic Index:15, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:7.0056521296501%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## Nutrients (% of daily need)

Calories: 162.75kcal (8.14%), Fat: 10.96g (16.86%), Saturated Fat: 5.39g (33.68%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 8.84g (3.22%), Sugar: 1.84g (2.04%), Cholesterol: 16.08mg (5.36%), Sodium: 495.08mg (21.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6g (12.01%), Vitamin C: 17.11mg (20.74%), Vitamin K: 19.08µg (18.17%), Vitamin A: 727.02IU (14.54%), Calcium: 118.28mg (11.83%), Manganese: 0.22mg (11.09%), Phosphorus: 95.52mg (9.55%), Vitamin B2: 0.14mg (8.16%), Zinc: 1.07mg (7.12%), Selenium: 4.28µg (6.12%), Folate: 24.1µg (6.02%), Fiber: 1.43g (5.7%), Vitamin B6: 0.11mg (5.68%), Copper: 0.11mg (5.64%), Potassium: 169.88mg (4.85%), Magnesium: 18.54mg (4.64%), Iron: 0.79mg (4.36%), Vitamin B3: 0.78mg (3.92%), Vitamin B12: 0.21µg (3.52%), Vitamin B1: 0.05mg (3.47%), Vitamin E: 0.43mg (2.85%), Vitamin B5: 0.26mg (2.59%)