



Cheesy Green Bean Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 4 oz cheddar cheese shredded
- ☐ 1 teaspoon soya sauce
- ☐ 12 oz green beans frozen thawed drained
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1.5 cups fried onions crispy (from 6-oz can)

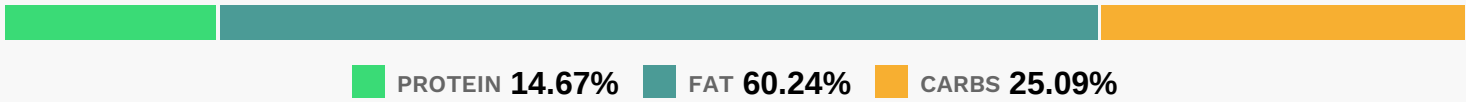
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 350°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.

Nutrition Facts



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%)