



Cheesy Green Bean Dish

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

Ingredients

- 0.5 cup curd cottage cheese
- 1 eggs beaten
- 3 tablespoons flour all-purpose
- 18 ounce green beans frozen thawed
- 1 cup milk
- 1 onion chopped
- 1 teaspoon salt
- 2 cups seasoned bread crumbs

- 1 cup mozzarella cheese shredded
- 1 tablespoon vegetable oil
- 1 teaspoon sugar white

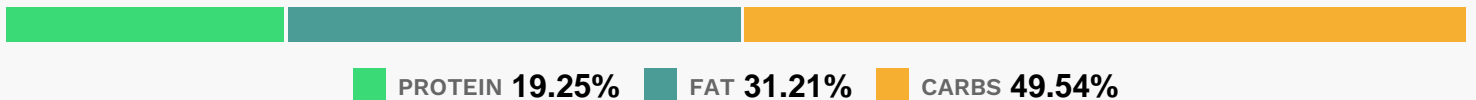
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a medium saucepan over medium heat, saute onion until translucent. Stir in flour, milk, mozzarella cheese, cottage cheese, sugar and salt; cook, stirring, until thickened.
- Place green beans in a 9x13 inch baking dish; pour cheese sauce over green beans.
- In a small bowl combine bread crumbs and egg.
- Spread over green beans.
- Bake in preheated oven for 40 minutes.

Nutrition Facts



Properties

Glycemic Index:38.76, Glycemic Load:4.18, Inflammation Score:-7, Nutrition Score:14.20565205035%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 248.39kcal (12.42%), Fat: 8.72g (13.41%), Saturated Fat: 3.53g (22.03%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 27.63g (10.05%), Sugar: 6.87g (7.64%), Cholesterol: 37.71mg (12.57%), Sodium: 844.45mg (36.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.1g (24.2%), Vitamin K: 44.85µg (42.71%), Vitamin B1: 0.4mg (26.4%), Manganese: 0.48mg (23.89%), Selenium: 14.74µg (21.06%), Calcium: 204.16mg (20.42%), Vitamin B2: 0.34mg (19.81%), Phosphorus: 196.49mg (19.65%), Folate: 69.65µg (17.41%), Fiber: 3.5g (14.01%), Vitamin A: 690.43IU (13.81%), Iron: 2.46mg (13.68%), Vitamin B3: 2.56mg (12.81%), Vitamin C: 9.61mg (11.65%), Vitamin B12: 0.69µg (11.57%), Magnesium: 39.92mg (9.98%), Vitamin B6: 0.2mg (9.91%), Potassium: 304.67mg (8.7%), Zinc: 1.28mg (8.55%), Copper: 0.14mg (6.82%), Vitamin B5: 0.65mg (6.51%), Vitamin E: 0.59mg (3.95%), Vitamin D: 0.51µg (3.43%)