



## Cheesy Green Beans

 **Gluten Free**

READY IN



**40 min.**

SERVINGS



**10**

CALORIES



**224 kcal**

**SIDE DISH**

### Ingredients

- 10 slices bacon
- 1 pound mushrooms fresh sliced
- 32 ounce cut green beans frozen
- 0.8 teaspoon ground pepper black
- 16 ounce processed cheese sauce
- 0.8 cup onion chopped
- 1 cup water

### Equipment

- frying pan
- sauce pan
- baking pan
- microwave

## Directions

- Place bacon in a large, deep skillet. Cook over medium–high heat until evenly brown.
- Drain, crumble, and set aside. Reserve 1/4 cup of bacon drippings in the skillet.
- Place green beans and water in a medium saucepan, and bring to a boil. Reduce heat, cover, and simmer 6 minutes, or until tender but crisp; drain.
- Place mushrooms and onion into the skillet with the reserved bacon drippings. Cook and stir over medium–high heat for 10 minutes; drain. Reserving 2 tablespoons for topping, mix the crumbled bacon into the skillet. Stir in the green beans. Season with pepper, and transfer to a 2 quart baking dish.
- Melt the cheese sauce in the microwave, and pour over the green bean mixture.
- Sprinkle with reserved bacon, and serve.

## Nutrition Facts



**PROTEIN 12.94%** **FAT 65.8%** **CARBS 21.26%**

## Properties

Glycemic Index:13.7, Glycemic Load:2.38, Inflammation Score:-7, Nutrition Score:11.061304455218%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg, Quercetin: 4.91mg

## Nutrients (% of daily need)

Calories: 223.92kcal (11.2%), Fat: 17.22g (26.5%), Saturated Fat: 4.81g (30.09%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 9.38g (3.41%), Sugar: 6.18g (6.87%), Cholesterol: 18.6mg (6.2%), Sodium: 527.44mg (22.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Vitamin K: 39.3µg (37.43%), Vitamin A: 878.28IU (17.57%), Vitamin B2: 0.3mg (17.53%), Vitamin B3: 3.2mg (16.02%), Vitamin C: 12.91mg (15.65%), Selenium: 9.25µg

(13.22%), Manganese: 0.25mg (12.72%), Fiber: 3.14g (12.58%), Vitamin B6: 0.25mg (12.42%), Vitamin B1: 0.18mg (11.84%), Potassium: 398.73mg (11.39%), Copper: 0.23mg (11.33%), Phosphorus: 108.88mg (10.89%), Vitamin B5: 1.02mg (10.22%), Folate: 39.95µg (9.99%), Magnesium: 31.09mg (7.77%), Calcium: 72.55mg (7.25%), Iron: 1.29mg (7.17%), Zinc: 0.74mg (4.92%), Vitamin E: 0.47mg (3.17%), Vitamin B12: 0.13µg (2.14%), Vitamin D: 0.18µg (1.19%)