



Cheesy Green Beans

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



10

CALORIES



233 kcal

SIDE DISH

Ingredients

- 1 tablespoon optional: dill dried to taste
- 72.5 ounce green beans french-style drained canned
- 1 pound processed cheese cubed

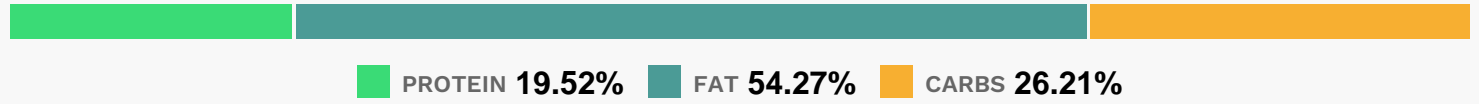
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a 9 x 13 inch casserole dish combine green beans, processed cheese and dill.
- Stirring occasionally, bake until heated through and cheese is bubbling, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:7.3, Glycemic Load:4.49, Inflammation Score:-9, Nutrition Score:20.448695825494%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 232.76kcal (11.64%), Fat: 14.89g (22.9%), Saturated Fat: 8.29g (51.84%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 10.58g (3.85%), Sugar: 7.73g (8.58%), Cholesterol: 45.36mg (15.12%), Sodium: 770.91mg (33.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.09%), Vitamin K: 89.56µg (85.29%), Calcium: 555.4mg (55.54%), Vitamin A: 1864.38IU (37.29%), Phosphorus: 370.48mg (37.05%), Vitamin C: 25.23mg (30.58%), Manganese: 0.47mg (23.72%), Fiber: 5.59g (22.36%), Vitamin B2: 0.32mg (18.87%), Folate: 71.46µg (17.86%), Magnesium: 64.53mg (16.13%), Vitamin B6: 0.32mg (15.97%), Selenium: 10.4µg (14.85%), Potassium: 503.48mg (14.39%), Iron: 2.55mg (14.16%), Vitamin B1: 0.18mg (11.77%), Vitamin B12: 0.68µg (11.34%), Zinc: 1.63mg (10.88%), Copper: 0.16mg (8.21%), Vitamin E: 1.21mg (8.04%), Vitamin B3: 1.55mg (7.76%), Vitamin B5: 0.65mg (6.45%), Vitamin D: 0.27µg (1.81%)