



Chicken and Green Bean Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



605 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.5 ounce cream of chicken soup canned
- ☐ 1 teaspoon garlic powder
- ☐ 29 ounce green beans french-style drained canned
- ☐ 0.8 cup mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 chicken breast halves boneless skinless

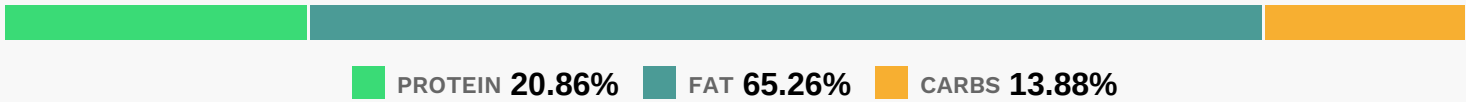
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Heat olive oil in a large skillet over medium-high heat. Quickly brown the chicken breast halves on both sides. Do not cook through.
- ☐ Remove from heat, and set aside.
- ☐ Pour the green beans into a 2 quart casserole dish.
- ☐ Place the chicken on top of the beans. In a small bowl, mix together the cream of chicken soup and mayonnaise.
- ☐ Spread over the top of the chicken and beans.
- ☐ Sprinkle Parmesan cheese over the top.
- ☐ Bake for 35 to 40 minutes in the preheated oven, until the chicken is no longer pink, and the cheese is browned.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:6.47, Inflammation Score:-9, Nutrition Score:28.703912963038%

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: 604.85kcal (30.24%), Fat: 44.34g (68.22%), Saturated Fat: 8.37g (52.34%), Carbohydrates: 21.21g (7.07%), Net Carbohydrates: 15.6g (5.67%), Sugar: 7.36g (8.18%), Cholesterol: 101.35mg (33.78%), Sodium: 1042.42mg (45.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.9g (63.8%), Vitamin K: 162.33µg (154.6%), Vitamin

B3: 13.6mg (67.99%), Selenium: 42.14µg (60.2%), Vitamin B6: 1.16mg (57.85%), Phosphorus: 390.02mg (39%), Vitamin A: 1668.89IU (33.38%), Vitamin C: 26.51mg (32.14%), Manganese: 0.53mg (26.36%), Potassium: 917.12mg (26.2%), Vitamin B5: 2.31mg (23.14%), Vitamin B2: 0.39mg (23.03%), Vitamin E: 3.38mg (22.52%), Fiber: 5.62g (22.47%), Magnesium: 86.93mg (21.73%), Iron: 3.5mg (19.46%), Folate: 76.66µg (19.17%), Vitamin B1: 0.26mg (17.31%), Calcium: 151.35mg (15.14%), Copper: 0.28mg (14.1%), Zinc: 1.72mg (11.47%), Vitamin B12: 0.36µg (6.01%), Vitamin D: 0.23µg (1.52%)