



WHATSheATE



Classic Green Bean Casserole with Baguette Chips

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 18 oz cream of mushroom soup canned
- ☐ 1 teaspoon soya sauce
- ☐ 1 Dash pepper black
- ☐ 2 tablespoons breadcrumbs plain
- ☐ 43.5 oz green beans drained canned
- ☐ 1 cup crusty baguette italian crushed (from 7-oz bag)

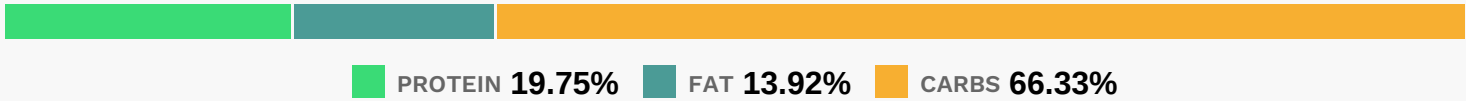
Equipment

☐ oven

Directions

- ☐ Heat oven to 350°F. In ungreased 1 1/2-quart casserole, mix soup, soy sauce, pepper, bread crumbs and green beans.
- ☐ Bake uncovered about 30 minutes or until hot and bubbly. Stir; sprinkle with crushed baguette chips.
- ☐ Bake about 10 minutes longer or until chips are golden brown.

Nutrition Facts



Properties

Glycemic Index:27.46, Glycemic Load:17.06, Inflammation Score:-8, Nutrition Score:21.149565219879%

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: 231.53kcal (11.58%), Fat: 3.75g (5.77%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 33.47g (12.17%), Sugar: 8.77g (9.75%), Cholesterol: 4.25mg (1.42%), Sodium: 939.28mg (40.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.93%), Vitamin K: 89.81µg (85.53%), Manganese: 0.92mg (45.99%), Vitamin C: 25.08mg (30.39%), Folate: 119.72µg (29.93%), Vitamin B1: 0.45mg (29.86%), Vitamin A: 1418.28IU (28.37%), Fiber: 6.71g (26.84%), Vitamin B2: 0.41mg (23.9%), Iron: 4.26mg (23.66%), Vitamin B3: 4.33mg (21.63%), Vitamin B6: 0.37mg (18.55%), Copper: 0.37mg (18.48%), Magnesium: 69.45mg (17.36%), Potassium: 598.61mg (17.1%), Phosphorus: 147.05mg (14.71%), Calcium: 127.23mg (12.72%), Selenium: 8.86µg (12.66%), Zinc: 1.79mg (11.95%), Vitamin B5: 0.8mg (7.95%), Vitamin E: 0.96mg (6.4%), Vitamin B12: 0.15µg (2.46%)