



Classy Green Bean Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 0.5 cup coarsely buttery round crackers crushed
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 43.5 ounce cut green beans french drained canned
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour

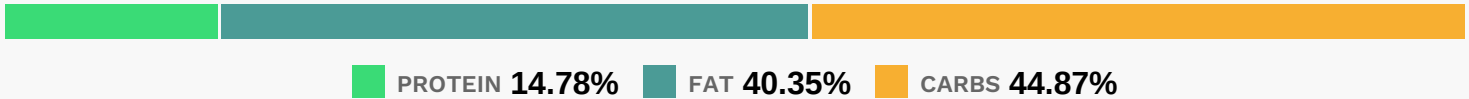
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, mix together the green beans, sour cream, condensed soup, salt and pepper. Spoon into a 2 quart casserole dish. Stir melted butter into the crushed crackers, then sprinkle over the top of the casserole.
- ☐ Bake for 30 minutes in the preheated oven, until lightly browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:4.06, Inflammation Score:-8, Nutrition Score:16.954782496328%

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: 174.4kcal (8.72%), Fat: 8.45g (13%), Saturated Fat: 4.12g (25.76%), Carbohydrates: 21.14g (7.05%), Net Carbohydrates: 15.33g (5.57%), Sugar: 7.76g (8.63%), Cholesterol: 18.86mg (6.29%), Sodium: 825.11mg (35.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.93%), Vitamin K: 91.6µg (87.24%), Manganese: 0.65mg (32.38%), Vitamin A: 1596.81IU (31.94%), Vitamin C: 25.25mg (30.6%), Fiber: 5.81g (23.23%), Folate: 76.23µg (19.06%), Vitamin B2: 0.29mg (17.1%), Vitamin B6: 0.32mg (16.08%), Potassium: 530.44mg (15.16%), Iron: 2.73mg (15.16%), Magnesium: 58.15mg (14.54%), Vitamin B1: 0.2mg (13.66%), Copper: 0.26mg (12.78%), Phosphorus: 121.87mg (12.19%), Vitamin B3: 2.23mg (11.15%), Calcium: 106.68mg (10.67%), Zinc: 1.15mg (7.67%), Vitamin E: 1.15mg (7.64%), Vitamin B5: 0.65mg (6.47%), Selenium: 2.2µg (3.15%), Vitamin B12: 0.13µg (2.09%)