



Creamy-and-Crunchy Green Bean Casserole

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



381 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce bean sprouts rinsed drained canned
- ☐ 0.3 cup butter
- ☐ 21.5 ounce cream of mushroom soup canned
- ☐ 32 ounce french-cut green beans frozen thawed
- ☐ 5.6 ounce fried onions french canned
- ☐ 1 large onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded

☐ 16 ounce water chestnuts diced drained canned

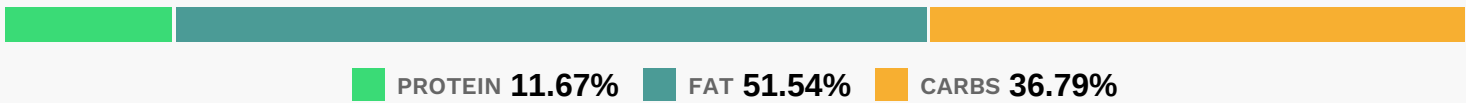
Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium–high heat; add onion, and saut 8 minutes or until tender. Stir in soup, and bring to a boil. Stir in beans and next 3 ingredients. Spoon into a lightly greased 13– x 9–inch baking dish.
- ☐ Sprinkle evenly with shredded Cheddar cheese.
- ☐ Bake, covered, at 375 for 25 minutes. Uncover and sprinkle evenly with French fried onions, and bake 10 more minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:2.71, Inflammation Score:–8, Nutrition Score:17.482608725195%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg

Nutrients (% of daily need)

Calories: 380.96kcal (19.05%), Fat: 22.45g (34.54%), Saturated Fat: 11.51g (71.95%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 29.43g (10.7%), Sugar: 8.77g (9.74%), Cholesterol: 33.24mg (11.08%), Sodium: 933.81mg (40.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.88%), Vitamin K: 66.21µg (63.06%), Manganese: 0.68mg (34.19%), Vitamin C: 22.9mg (27.76%), Fiber: 6.64g (26.55%), Vitamin A: 1112.54IU (22.25%), Folate: 84.87µg (21.22%), Copper: 0.41mg (20.62%), Vitamin B6: 0.41mg (20.36%), Vitamin B2: 0.32mg (18.63%), Phosphorus: 181.05mg (18.1%), Iron: 2.99mg (16.6%), Calcium: 161.13mg (16.11%), Potassium: 553.52mg (15.81%), Zinc: 2.21mg (14.71%), Magnesium: 54.48mg (13.62%), Vitamin B1: 0.17mg (11.51%), Vitamin B3: 2.24mg

(11.2%), Selenium: 5.78µg (8.25%), Vitamin E: 1.23mg (8.21%), Vitamin B5: 0.8mg (8.03%), Vitamin B12: 0.28µg (4.74%)