



Fantastically Fresh Green Bean Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 2 tablespoons flour all-purpose gold medal®
- 1 lb green beans fresh trimmed
- 8 oz mushrooms fresh sliced (3 cups)
- 0.8 cup fried onions
- 1 clove garlic finely chopped
- 1 cup half and half
- 2 tablespoons worcestershire sauce

Equipment

- frying pan
- oven
- whisk
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. Spray 11x7-inch or 8-inch square (2-quart) glass baking dish with cooking spray.
- In 12-inch skillet, melt butter over medium heat.
- Add flour; stir with whisk until blended. Gradually stir in half-and-half and Worcestershire sauce; cook and stir until smooth and bubbly.
- Add mushrooms and garlic; cook and stir until sauce begins to thicken.
- Remove from heat.
- Add green beans; toss until beans are coated with sauce.
- Pour mixture into baking dish. Top with onions.
- Bake uncovered about 30 minutes or until beans are tender and onions are golden brown.

Nutrition Facts



PROTEIN 9.05% **FAT 59.69%** **CARBS 31.26%**

Properties

Glycemic Index:38.83, Glycemic Load:3.19, Inflammation Score:-6, Nutrition Score:9.5613043878389%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 176.01kcal (8.8%), Fat: 12.15g (18.69%), Saturated Fat: 6.75g (42.19%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 11.82g (4.3%), Sugar: 5.46g (6.07%), Cholesterol: 24.15mg (8.05%), Sodium: 193.15mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.29%), Vitamin K: 33.43µg (31.84%), Vitamin B2: 0.33mg (19.45%), Vitamin A: 785.55IU (15.71%), Vitamin C: 11.27mg (13.66%), Potassium: 384.09mg (10.97%), Vitamin B3: 2.16mg (10.78%), Phosphorus: 107.54mg (10.75%), Manganese: 0.21mg (10.34%), Fiber: 2.5g (9.99%), Copper: 0.19mg (9.62%), Folate: 37.77µg (9.44%), Selenium: 6.25µg (8.93%), Vitamin B5: 0.87mg (8.72%), Vitamin B6: 0.17mg (8.68%), Vitamin B1: 0.13mg (8.64%), Calcium: 80.73mg (8.07%), Iron: 1.41mg (7.85%), Magnesium: 27.84mg (6.96%), Zinc: 0.57mg (3.82%), Vitamin E: 0.53mg (3.53%), Vitamin B12: 0.1µg (1.66%)