



Gluten-Free Green Bean Casserole with Fried Onions

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 serving vegetable oil for frying
- 2 large onion thinly sliced cut in half, (3 cups)
- 1.5 cups buttermilk
- 0.8 teaspoon salt
- 0.3 teaspoon pepper
- 24 oz green beans frozen cooked
- 18 oz cream of mushroom soup canned

- 2 teaspoons soya sauce gluten-free
- 0.3 teaspoon pepper
- 0.8 cup frangelico gluten free

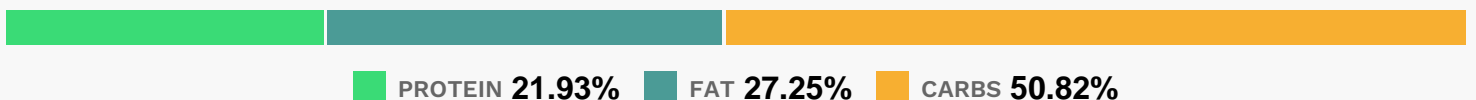
Equipment

- bowl
- paper towels
- oven
- dutch oven
- deep fryer

Directions

- Heat oven to 350°F.
- Place onions and milk in medium bowl; let stand. In deep fryer or 4-quart Dutch oven, heat oil (2 inches) to 375°F.
- In resealable plastic food storage bag, mix Bisquick, salt and pepper until well mixed.
- Drain onions.
- Place onions in bag; shake to coat.
- Remove onions from bag shaking off excess. Gently place half of onions in oil; fry 2 to 4 minutes or until golden brown.
- Drain on paper towels. Repeat with remaining onions.
- Let onions stand while preparing bean mixture.
- In ungreased 3-quart casserole, mix soup, soy sauce, pepper, cooked green beans and 1 1/2 cups of the onions.
- Bake 25 to 30 minutes or until hot and bubbly, adding remaining onions during last 5 minutes of baking.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:3.15, Inflammation Score:-6, Nutrition Score:10.223478203234%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 9.93mg, Quercetin: 9.93mg, Quercetin: 9.93mg

Nutrients (% of daily need)

Calories: 112.48kcal (5.62%), Fat: 3.6g (5.54%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 12g (4.36%), Sugar: 6.58g (7.32%), Cholesterol: 8.14mg (2.71%), Sodium: 807.93mg (35.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Vitamin K: 37.7µg (35.91%), Manganese: 0.45mg (22.46%), Vitamin C: 13.15mg (15.94%), Vitamin A: 662.52IU (13.25%), Vitamin B2: 0.22mg (12.75%), Fiber: 3.11g (12.42%), Potassium: 380.21mg (10.86%), Copper: 0.22mg (10.8%), Folate: 42.2µg (10.55%), Vitamin B6: 0.21mg (10.5%), Phosphorus: 102.09mg (10.21%), Calcium: 95.38mg (9.54%), Magnesium: 34.8mg (8.7%), Iron: 1.46mg (8.14%), Vitamin B1: 0.12mg (8.13%), Zinc: 1.15mg (7.66%), Vitamin B3: 1.34mg (6.72%), Vitamin B5: 0.54mg (5.37%), Vitamin B12: 0.31µg (5.15%), Vitamin D: 0.58µg (3.9%), Selenium: 2.38µg (3.4%), Vitamin E: 0.42mg (2.78%)