

SIDE DISH

Grandma's Green Bean Casserole

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
55 min	15 min	40 min	10	\$0.86	209 kcal



If you want to add more American recipes to your recipe box, Grandma's Green Bean Casserole might be a recipe you should try. This hor d'oeuvre has 209 calories, 9g of protein, and 14g of fat per serving. For 86 cents per serving, this recipe covers 12% of your daily requirements of vitamins and min...

Ingredients

- ☐ 1 tablespoon butter, melted
- ☐ 2 tablespoons all-purpose flour
- ☐ ¼ cup onion, diced
- ☐ 2 cups shredded Cheddar cheese
- ☐ 1 teaspoon white sugar
- ☐ ½ cup crumbled buttery round crackers
- ☐ 43½ ounce French style green beans, drained canned
- ☐ 1 teaspoon salt
- ☐ 1 cup sour cream

EQUIPMENT Bowl, Frying pan, Oven, Casserole dish

Method

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 Melt 2 tablespoons butter in a large skillet over medium heat. Stir in flour until smooth, and cook for one minute. Stir in the salt, sugar, onion, and sour cream.
- 3 Add green beans, and stir to coat.
- 4 Transfer the mixture to a 2 1/2 quart casserole dish.
- 5 Spread shredded cheese over the top. In a small bowl, toss together cracker crumbs and remaining butter, and sprinkle over the cheese.
- 6 Bake for 30 minutes in the preheated oven, or until the top is golden and cheese is bubbly.

Nutrition per serving

209	9 g	14 g	14 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			7.6 g · 48% of daily needs
Fibre			3.5 g · 14% of daily needs
Sugar			5.7 g · 6% of daily needs
Sodium			431 mg · 19% of daily needs
Cholesterol			39.2 mg · 13% of daily needs
Vitamin C			15.6 mg · 19% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/grandmas-green-bean-casserole-147769