



Green Bean and Canadian Bacon Casserole

READY IN



50 min.

SERVINGS



6

CALORIES



303 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound canadian bacon sliced cut into strips
- ☐ 21.5 ounce campbell's® condensed cream of celery soup canned
- ☐ 0.5 cup bread crumbs dry
- ☐ 1.5 pounds green beans fresh trimmed
- ☐ 0.3 teaspoon garlic salt
- ☐ 6 servings ground pepper black to taste
- ☐ 1.3 cups milk
- ☐ 1 large onion chopped
- ☐ 1 cup water

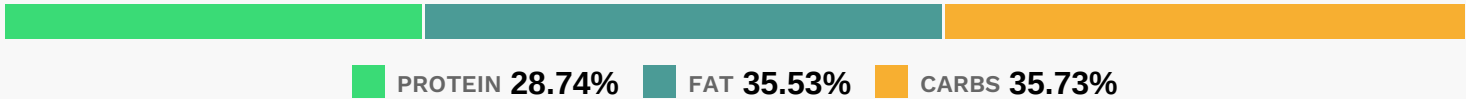
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ In a large pot, combine the green beans, onion and water. Bring to a boil, and cook until tender, about 5 minutes.
- ☐ Drain, and transfer to a 2 quart casserole dish. While the beans cook, fry the Canadian bacon in a skillet over medium-high heat until crisp. Stir in with the beans along with the cream of celery soup and milk.
- ☐ Sprinkle bread crumbs over the top.
- ☐ Bake for 30 minutes in the preheated oven, until heated through and sauce is bubbly. This recipe also works well to make ahead and refrigerate or freeze until needed. If baking cold, bake for 1 hour.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:3.66, Inflammation Score:-8, Nutrition Score:23.098261086837%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 303.29kcal (15.16%), Fat: 12.18g (18.74%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 23.04g (8.38%), Sugar: 9.13g (10.15%), Cholesterol: 55.07mg (18.36%), Sodium: 1399.48mg

(60.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.17g (44.35%), Vitamin K: 67.24µg (64.04%), Vitamin B1: 0.81mg (54.08%), Selenium: 24.77µg (35.39%), Phosphorus: 330.87mg (33.09%), Vitamin B3: 6.49mg (32.46%), Manganese: 0.6mg (29.77%), Vitamin B6: 0.54mg (26.85%), Vitamin B2: 0.4mg (23.58%), Vitamin A: 1152.32IU (23.05%), Potassium: 730.62mg (20.87%), Vitamin C: 15.89mg (19.26%), Vitamin B5: 1.85mg (18.54%), Fiber: 4.53g (18.11%), Vitamin D: 2.68µg (17.84%), Calcium: 166.94mg (16.69%), Iron: 2.69mg (14.93%), Magnesium: 59.32mg (14.83%), Folate: 56.87µg (14.22%), Vitamin B12: 0.85µg (14.22%), Vitamin E: 2.07mg (13.83%), Copper: 0.27mg (13.4%), Zinc: 1.83mg (12.21%)