



Green Bean Artichoke Casserole

READY IN



50 min.

SERVINGS



8

CALORIES



424 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce artichoke hearts drained canned
- ☐ 2 tablespoons garlic powder
- ☐ 46.5 ounce cut green beans french drained canned
- ☐ 2 cups seasoned bread crumbs italian
- ☐ 0.5 cup olive oil
- ☐ 8 ounces parmesan cheese grated
- ☐ 8 servings salt and pepper to taste
- ☐ 8 ounces mozzarella cheese shredded

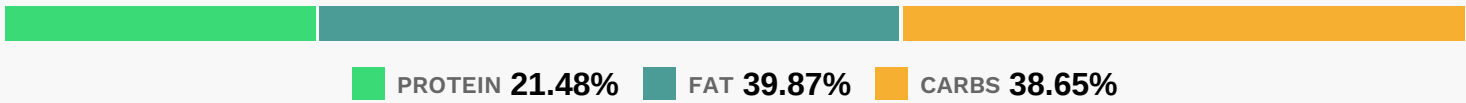
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Pour the green beans, artichoke hearts, bread crumbs, Parmesan cheese, and mozzarella cheese into a 9x13 inch baking dish. Season with garlic powder, salt and pepper. Stir to blend everything thoroughly.
- ☐ Drizzle olive oil over the top, then cover the dish with aluminum foil.
- ☐ Bake for 30 minutes in the preheated oven, then remove the aluminum foil, and bake for another 15 minutes to brown the top slightly.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:3.47, Inflammation Score:-9, Nutrition Score:24.624347945918%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 423.77kcal (21.19%), Fat: 19g (29.22%), Saturated Fat: 9g (56.25%), Carbohydrates: 41.44g (13.81%), Net Carbohydrates: 33.82g (12.3%), Sugar: 8.22g (9.13%), Cholesterol: 47.36mg (15.79%), Sodium: 1645.96mg (71.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.05%), Vitamin K: 87.42µg (83.26%), Calcium: 511.07mg (51.11%), Phosphorus: 404.09mg (40.41%), Manganese: 0.7mg (35.19%), Selenium: 23.62µg (33.74%), Vitamin A: 1631.76IU (32.64%), Fiber: 7.63g (30.51%), Vitamin B1: 0.45mg (29.89%), Vitamin B2: 0.48mg (28.04%), Vitamin C: 20.94mg (25.38%), Folate: 94.7µg (23.68%), Iron: 3.56mg (19.75%), Zinc: 2.94mg (19.6%), Vitamin B12: 1.13µg (18.9%), Magnesium: 72.13mg (18.03%), Vitamin B6: 0.35mg (17.51%), Vitamin B3: 3.13mg (15.63%), Potassium:

514.62mg (14.7%), Copper: 0.21mg (10.61%), Vitamin E: 1.35mg (9.03%), Vitamin B5: 0.7mg (7.05%), Vitamin D:
0.26µg (1.7%)