



Green Bean Casserole



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 14.5 ounce style green beans french drained canned
- ☐ 6 ounce french-fried onions canned

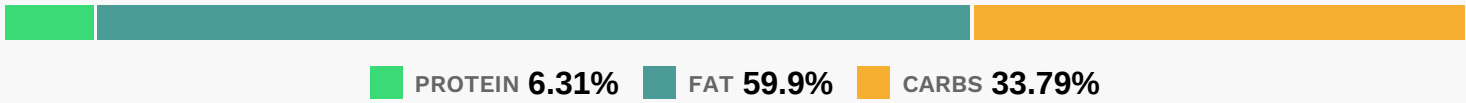
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine green beans and soup in a small casserole dish.
- ☐ Bake in a 350 degrees F (175 degrees C) oven for 10 to 15 minutes.
- ☐ Remove from oven and top with the onions.
- ☐ Bake for another 10 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:2.02, Inflammation Score:-6, Nutrition Score:9.1621739708859%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 344.11kcal (17.21%), Fat: 22.72g (34.96%), Saturated Fat: 9.81g (61.32%), Carbohydrates: 28.84g (9.61%), Net Carbohydrates: 25.92g (9.42%), Sugar: 3.35g (3.72%), Cholesterol: 3.81mg (1.27%), Sodium: 900.58mg (39.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.77%), Vitamin K: 44.19µg (42.09%), Manganese: 0.45mg (22.53%), Vitamin C: 12.54mg (15.2%), Vitamin A: 709.09IU (14.18%), Fiber: 2.93g (11.71%), Copper: 0.22mg (11.16%), Folate: 39.25µg (9.81%), Vitamin B2: 0.15mg (8.98%), Potassium: 312.84mg (8.94%), Iron: 1.59mg (8.84%), Vitamin B6: 0.18mg (8.77%), Magnesium: 31.02mg (7.76%), Zinc: 1.08mg (7.23%), Vitamin B3: 1.44mg (7.2%), Vitamin B1: 0.1mg (6.63%), Phosphorus: 61.15mg (6.11%), Calcium: 41.07mg (4.11%), Vitamin B5: 0.38mg (3.76%), Vitamin E: 0.42mg (2.81%), Vitamin B12: 0.12µg (2.03%)