



Green Bean Casserole



Gluten Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 29 oz green beans french-style drained canned
- ☐ 10.5 oz cream of mushroom soup canned
- ☐ 0.3 cup milk
- ☐ 2.8 oz fried onions crispy

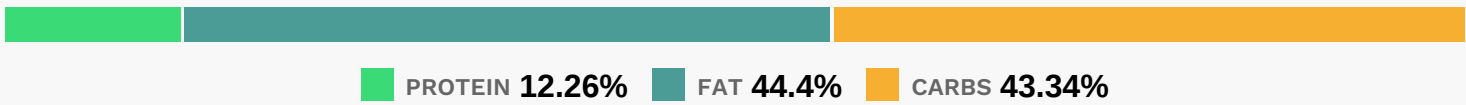
Equipment

- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In 1 1/2-quart casserole or glass baking dish, mix green beans, soup and milk.
- ☐ Bake 20 to 25 minutes, topping with onions during last 5 minutes of baking, until bubbly.
- ☐ Heat oven to 325°F. In 1 1/2-quart casserole or glass baking dish, mix green beans, soup and milk.
- ☐ Bake 25 to 30 minutes, topping with onions during last 5 minutes of baking, until bubbly.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:2.15, Inflammation Score:-6, Nutrition Score:8.3365218043327%

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: 121.14kcal (6.06%), Fat: 6.19g (9.52%), Saturated Fat: 2.7g (16.9%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 10.74g (3.91%), Sugar: 3.72g (4.13%), Cholesterol: 2.78mg (0.93%), Sodium: 355.53mg (15.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Vitamin K: 44.21µg (42.11%), Manganese: 0.33mg (16.7%), Vitamin C: 12.54mg (15.2%), Vitamin A: 721.44IU (14.43%), Fiber: 2.85g (11.4%), Folate: 36.52µg (9.13%), Vitamin B2: 0.14mg (8.22%), Vitamin B6: 0.16mg (8.22%), Potassium: 275.16mg (7.86%), Iron: 1.32mg (7.33%), Magnesium: 29.21mg (7.3%), Copper: 0.15mg (7.27%), Vitamin B1: 0.1mg (6.4%), Phosphorus: 57.54mg (5.75%), Vitamin B3: 1.1mg (5.49%), Calcium: 48.89mg (4.89%), Zinc: 0.69mg (4.58%), Vitamin B5: 0.33mg (3.3%), Vitamin E: 0.43mg (2.83%), Vitamin B12: 0.1µg (1.68%), Selenium: 0.76µg (1.09%)