

# 10 MINUTES OF COOKING

## Green Bean Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



392 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 6 servings butter
- ☐ 6 servings butter for greasing baking dish
- ☐ 6 servings parmesan grated
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 10.8 ounce all natural tomato soup canned
- ☐ 6 servings breadcrumbs dry
- ☐ 0.7 cup gorgonzola dip canned
- ☐ 1 pound green beans
- ☐ 3 tablespoons horseradish prepared

- ☐ 0.8 cup milk
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 6 servings salt and pepper black to taste
- ☐ 1 teaspoon worcestershire sauce

## Equipment

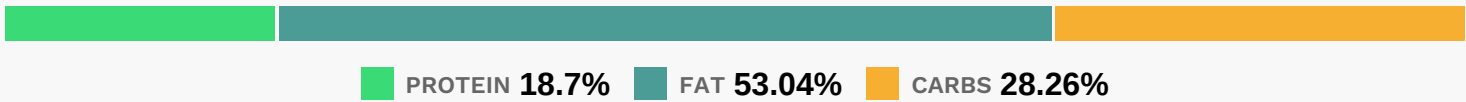
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ broiler

## Directions

- ☐ Preheat the oven to 350°F. Wash and trim the stem ends from green beans.
- ☐ Place in a greased 8 x 8 x 2-inch baking dish.
- ☐ In a medium bowl, mix cream of tomato soup, horseradish, Worcestershire sauce, salt, and paprika.
- ☐ Pour over beans and bake, covered, about 1 hour
- ☐ Top with au gratin ingredients, below.
- ☐ Heat in broiler until the cheese is melted.
- ☐ Completely cover the food with bread crumbs, paprika, butter and cheese.
- ☐ Place the dish in a preheated 350°F oven or under the broiler 5 inches below the source of heat, and broil until a glazed golden crust is created.
- ☐ Preheat the oven to 350°F. Wash and trim the stem ends from green beans.
- ☐ Place in a buttered baking dish.
- ☐ Mix milk, cream of mushroom soup, 2/3 cup canned French-fried onion rings, and salt and black pepper to taste
- ☐ Pour over beans and bake, uncovered, about 30 minutes.
- ☐ Sprinkle with 1/2 cup canned French-fried onion rings.

- ☐ Bake until browned, 5 to 10 minutes.
- ☐ Reprinted with permission from Joy of Cooking by Irma S. Rombauer, Marion Rombauer Becker, and Ethan Becker., © 2006 Simon & Schuster Inc.,
- ☐ add notes my notes
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- ☐ done

Nutrition Facts



Properties

Glycemic Index:49.58, Glycemic Load:5.12, Inflammation Score:-8, Nutrition Score:16.544782669648%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 392.22kcal (19.61%), Fat: 23.42g (36.03%), Saturated Fat: 13.65g (85.34%), Carbohydrates: 28.07g (9.36%), Net Carbohydrates: 24.65g (8.96%), Sugar: 11.44g (12.71%), Cholesterol: 48.1mg (16.03%), Sodium: 1670.04mg (72.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.58g (37.17%), Calcium: 490.71mg (49.07%), Vitamin K: 36.27µg (34.54%), Phosphorus: 320.29mg (32.03%), Vitamin A: 1296.33IU (25.93%), Manganese: 0.5mg (24.82%), Vitamin C: 17.77mg (21.54%), Potassium: 632.73mg (18.08%), Vitamin B2: 0.31mg (18.01%), Selenium: 12.15µg (17.35%), Vitamin B1: 0.22mg (14.74%), Fiber: 3.43g (13.71%), Zinc: 2mg (13.36%), Magnesium: 53.24mg (13.31%), Iron: 2.27mg (12.61%), Vitamin B6: 0.24mg (11.81%), Folate: 46µg (11.5%), Vitamin B3: 2.27mg (11.37%), Copper: 0.22mg (11.09%), Vitamin B12: 0.66µg (10.97%), Vitamin B5: 0.59mg (5.92%), Vitamin E: 0.83mg (5.53%), Vitamin D: 0.49µg (3.24%)