



Green Bean Casserole

 Gluten Free

READY IN



156 min.

SERVINGS



10

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounce cream of mushroom soup undiluted canned
- ☐ 29 ounce green beans drained canned
- ☐ 1 cup milk
- ☐ 9 ounce mushrooms drained sliced
- ☐ 6 ounce onion french with durkee's) divided canned
- ☐ 0.3 teaspoon pepper
- ☐ 8 ounce cheddar cheese shredded
- ☐ 1 tablespoon worcestershire sauce

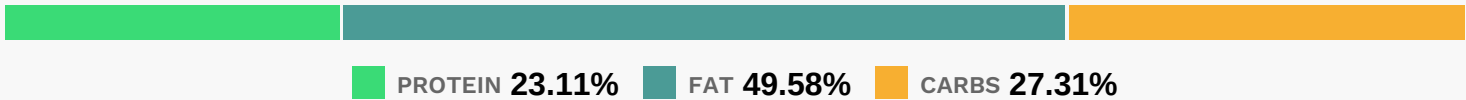
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Combine first 7 ingredients in a large bowl; stir in half of French fried onion rings. Spoon casserole mixture into a lightly greased 2- or 3-quart slow cooker.
- ☐ Cover and cook on LOW 2 hours.
- ☐ Sprinkle remaining onion rings on top of casserole. Cover and cook on LOW 30 more minutes.
- ☐ * Roasted turkey
- ☐ * Garlic mashed potatoes
- ☐ * Cranberry sauce

Nutrition Facts



Properties

Glycemic Index:20.2, Glycemic Load:2.74, Inflammation Score:-7, Nutrition Score:12.146521682325%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 165.1kcal (8.26%), Fat: 9.51g (14.63%), Saturated Fat: 5.24g (32.72%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 8.95g (3.25%), Sugar: 5.33g (5.92%), Cholesterol: 27.13mg (9.04%), Sodium: 402.67mg (17.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.94%), Vitamin K: 36.14µg (34.42%), Calcium: 228.71mg (22.87%), Vitamin B2: 0.35mg (20.41%), Phosphorus: 196.57mg (19.66%), Vitamin A: 836.01IU (16.72%), Manganese: 0.31mg (15.63%), Vitamin C: 12.05mg (14.6%), Selenium: 9.84µg (14.06%), Fiber: 2.84g (11.35%), Potassium: 386.17mg (11.03%), Zinc: 1.63mg (10.87%), Copper: 0.22mg (10.86%), Folate: 41.74µg (10.44%), Vitamin B6: 0.21mg (10.29%), Vitamin B3: 1.87mg (9.34%), Magnesium: 36.04mg (9.01%), Vitamin B5: 0.83mg (8.31%), Vitamin B1:

0.12mg (8.23%), Iron: 1.35mg (7.53%), Vitamin B12: 0.43µg (7.19%), Vitamin E: 0.53mg (3.51%), Vitamin D: 0.46µg (3.04%)