



Green Bean Casserole

 Gluten Free

READY IN



285 min.

SERVINGS



10

CALORIES



289 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 oz alfredo sauce refrigerated
- ☐ 32 oz french-cut green beans frozen thawed
- ☐ 6 oz fried onions french divided canned
- ☐ 6 oz mushrooms drained sliced
- ☐ 4 oz parmesan cheese shredded
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 8 oz water chestnuts diced drained canned

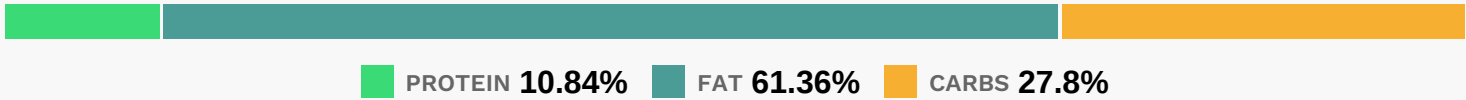
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Stir together first 6 ingredients and half of French fried onions; spoon mixture into a lightly greased 4-qt. slow cooker.
- ☐ Cover and cook on LOW 4 1/2 hours or until bubbly.
- ☐ Heat pecans and remaining half of French fried onions in a small nonstick skillet over medium-low heat, stirring often, 1 to 2 minutes or until toasted and fragrant; sprinkle over casserole just before serving.

Nutrition Facts



Properties

Glycemic Index:14.7, Glycemic Load:2.04, Inflammation Score:-6, Nutrition Score:11.112173977106%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 289.26kcal (14.46%), Fat: 20.05g (30.85%), Saturated Fat: 8.12g (50.76%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 16.39g (5.96%), Sugar: 4.93g (5.47%), Cholesterol: 26.31mg (8.77%), Sodium: 522.93mg (22.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.94%), Vitamin K: 39.62µg (37.74%), Manganese: 0.5mg (25.04%), Calcium: 173.96mg (17.4%), Fiber: 4.05g (16.21%), Phosphorus: 149.86mg (14.99%), Vitamin C: 11.94mg (14.47%), Vitamin A: 718.12IU (14.36%), Vitamin B2: 0.22mg (12.72%), Vitamin B6: 0.22mg (11.2%), Copper: 0.22mg (11.12%), Magnesium: 37.78mg (9.44%), Folate: 36.88µg (9.22%), Potassium:

321.34mg (9.18%), Vitamin B1: 0.13mg (8.83%), Iron: 1.57mg (8.71%), Vitamin B3: 1.5mg (7.52%), Selenium: 5.14µg (7.34%), Zinc: 1mg (6.67%), Vitamin B5: 0.61mg (6.09%), Vitamin E: 0.65mg (4.35%), Vitamin B12: 0.14µg (2.38%)