



Green Bean Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounces campbell's® condensed cream of mushroom soup fat free 98% 25% (2 cans) (Regular, or Less Sodium)
- ☐ 1.3 cups french's® fried onions french
- ☐ 4 cups cut green beans cooked
- ☐ 1 Dash ground pepper black
- ☐ 0.5 cup milk
- ☐ 1 teaspoon soya sauce

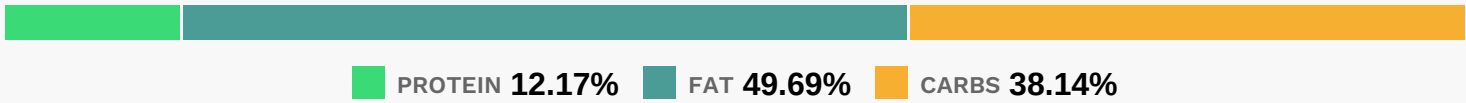
Equipment

☐ oven

Directions

- ☐ MIX soup, milk, soy, black pepper, beans and 2/3 cup onions in 1 1/2-qt. casserole.BAKE at 350F. for 25 min. or until hot.STIR.
- ☐ Sprinkle with remaining onions.
- ☐ Bake 5 min.TIP: Use 1 bag (16 to 20 oz.) frozen green beans, 2 pkg. (9 oz. each) frozen green beans, 2 cans (about 16 oz. each) green beans or about 1 1/2 lb. fresh green beans for this recipe.For a change of pace, substitute 4 cups cooked broccoli flowerets for the green beans.For a creative twist, stir in 1/2 cup shredded Cheddar cheese with soup. Omit soy sauce.
- ☐ Sprinkle with 1/4 cup additional Cheddar cheese when adding the remaining onions.For a festive touch, stir in 1/4 cup chopped red pepper with soup. For a heartier mushroom flavor, substitute Campbell's Condensed Golden Mushroom Soup for Cream of Mushroom Soup. Omit soy sauce. Stir in 1/4 cup chopped red pepper with green beans.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:1.81, Inflammation Score:-5, Nutrition Score:7.1669565491054%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 144.34kcal (7.22%), Fat: 8.08g (12.43%), Saturated Fat: 3.61g (22.58%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 11.86g (4.31%), Sugar: 3.39g (3.76%), Cholesterol: 4.98mg (1.66%), Sodium: 531.77mg (23.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Vitamin K: 31.62µg (30.12%), Manganese: 0.32mg (15.94%), Vitamin C: 8.95mg (10.84%), Vitamin A: 539.03IU (10.78%), Fiber: 2.09g (8.38%), Vitamin B2: 0.14mg (8.02%), Copper: 0.15mg (7.7%), Potassium: 251.57mg (7.19%), Folate: 27.94µg (6.98%), Vitamin B6: 0.14mg (6.91%), Phosphorus: 64.46mg (6.45%), Iron: 1.14mg (6.31%), Magnesium: 24.76mg (6.19%), Vitamin B1: 0.08mg (5.49%), Zinc: 0.82mg (5.48%), Calcium: 54.45mg (5.44%), Vitamin B3: 1.06mg (5.28%), Vitamin B5: 0.34mg (3.41%), Vitamin B12: 0.19µg (3.18%), Vitamin E: 0.31mg (2.07%), Vitamin D: 0.22µg (1.49%), Selenium: 0.84µg (1.19%)