



Green Bean Casserole by Kikkoman

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 tablespoons butter
- 10.8 ounce cream of mushroom soup canned
- 10 ounce mushrooms fresh sliced
- 10 ounce mushrooms fresh sliced
- 1.5 pounds green beans fresh
- 2 cloves garlic crushed
- 0.5 cup onion sliced
- 1 cup panko bread crumbs

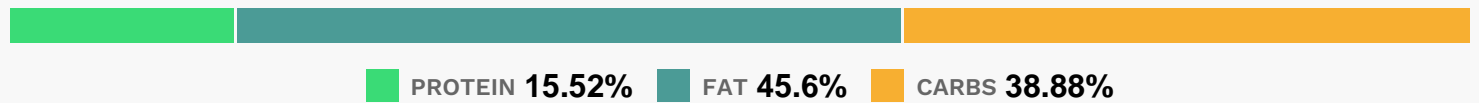
Equipment

- frying pan
- oven
- casserole dish

Directions

- Layer the blanched string beans in the bottom of a greased casserole dish. Melt butter in a large skillet.
- Saute the mushrooms, onion and garlic in the butter until the onions are soft.
- Add the Cream of Mushroom soup. Stir to combine soup and vegetables in the skillet, pour mixture over the string beans.
- Sprinkle with Panko Bread Crumbs.
- Bake at 350 degrees F for 20 minutes or until breadcrumbs are browned.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:2.46, Inflammation Score:-7, Nutrition Score:13.123478171618%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 162.85kcal (8.14%), Fat: 8.8g (13.53%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 13.27g (4.83%), Sugar: 5.07g (5.64%), Cholesterol: 1.9mg (0.63%), Sodium: 416.68mg (18.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.47%), Vitamin K: 37.12µg (35.35%), Vitamin B2: 0.43mg (25.48%), Manganese: 0.43mg (21.28%), Vitamin B3: 4.04mg (20.21%), Copper: 0.39mg (19.28%), Vitamin A: 900.09IU (18%), Vitamin C: 12.86mg (15.58%), Fiber: 3.6g (14.42%), Vitamin B1: 0.21mg (14.28%), Potassium: 488.81mg (13.97%), Vitamin B5: 1.39mg (13.9%), Folate: 52.82µg (13.2%), Selenium: 9.15µg (13.07%), Phosphorus:

122.75mg (12.28%), Vitamin B6: 0.24mg (12%), Iron: 1.89mg (10.52%), Magnesium: 34.98mg (8.75%), Zinc: 1.13mg (7.51%), Calcium: 55.13mg (5.51%), Vitamin E: 0.64mg (4.24%), Vitamin B12: 0.12µg (2.07%)