



Green Bean Casserole I

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 1 pound cut green beans frozen thawed drained
- 1 cup milk
- 1 cup onion chopped
- 0.5 teaspoon salt
- 0.8 cup sharp cheddar cheese shredded
- 0.5 cup cup heavy whipping cream sour

- 2 cups pepperidge farm sage and onion stuffing stuffing prepared
- 1 tablespoon sugar white

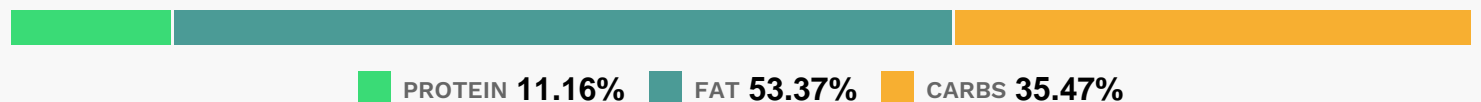
Equipment

- frying pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place green beans in a 9x13 inch glass pan.
- Saute onions with butter in a large frying pan over medium heat until translucent.
- Add flour and stir to coat flour.
- Gradually add milk and bring to a boil.
- Add cheese, sour cream, sugar, and salt. Cook till thickened and cheese is melted.
- Pour mixture over green beans and top with a layer of stuffing.
- Bake for 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:33.31, Glycemic Load:3.38, Inflammation Score:-6, Nutrition Score:9.1478260185408%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 193.41kcal (9.67%), Fat: 11.74g (18.06%), Saturated Fat: 5.41g (33.79%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 14.86g (5.4%), Sugar: 5.8g (6.44%), Cholesterol: 24.21mg (8.07%), Sodium: 397.55mg (17.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Selenium: 24.1µg (34.43%), Vitamin K: 25.7µg

(24.47%), Vitamin A: 704.56IU (14.09%), Calcium: 135.79mg (13.58%), Vitamin B2: 0.19mg (11.37%), Phosphorus: 113.17mg (11.32%), Fiber: 2.7g (10.79%), Manganese: 0.2mg (9.99%), Folate: 38.91µg (9.73%), Vitamin B1: 0.13mg (8.62%), Vitamin C: 6.82mg (8.27%), Vitamin B6: 0.13mg (6.27%), Vitamin E: 0.93mg (6.23%), Magnesium: 24.5mg (6.12%), Potassium: 208.49mg (5.96%), Iron: 1.03mg (5.72%), Vitamin B3: 1.07mg (5.36%), Zinc: 0.71mg (4.74%), Vitamin B12: 0.25µg (4.24%), Copper: 0.07mg (3.69%), Vitamin B5: 0.33mg (3.28%), Vitamin D: 0.32µg (2.13%)