



Green Bean Casserole I

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 2.8 ounce fried onions french canned
- 30 ounce cut green beans drained canned
- 0.8 cup milk
- 6 servings salt and pepper to taste

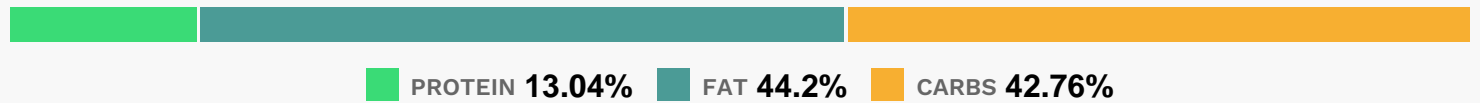
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium casserole dish mix together green beans, milk, cream of mushroom soup, and 1/2 of the can of onions.
- Bake for 25 minutes in the preheated oven, until heated through and bubbly.
- Sprinkle remaining onions over the top, and return to the oven for 5 minutes. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:3.33, Inflammation Score:-7, Nutrition Score:12.135217283083%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 175.91kcal (8.8%), Fat: 8.94g (13.75%), Saturated Fat: 4g (25%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 15.53g (5.65%), Sugar: 6.09g (6.76%), Cholesterol: 6.2mg (2.07%), Sodium: 684.21mg (29.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Vitamin K: 61.04µg (58.14%), Manganese: 0.46mg (23.01%), Vitamin C: 17.29mg (20.96%), Vitamin A: 1027.47IU (20.55%), Fiber: 3.93g (15.72%), Vitamin B2: 0.22mg (12.94%), Folate: 50.33µg (12.58%), Vitamin B6: 0.24mg (11.94%), Potassium: 408.88mg (11.68%), Magnesium: 42.66mg (10.66%), Iron: 1.82mg (10.1%), Copper: 0.2mg (9.99%), Phosphorus: 99.4mg (9.94%), Vitamin B1: 0.14mg (9.56%), Calcium: 92.11mg (9.21%), Vitamin B3: 1.53mg (7.65%), Zinc: 1.02mg (6.83%), Vitamin B5: 0.53mg (5.29%), Vitamin B12: 0.25µg (4.1%), Vitamin E: 0.6mg (3.98%), Vitamin D: 0.34µg (2.24%), Selenium: 1.43µg (2.04%)