



Green Bean Casserole with Mushrooms

 Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 oz cream of mushroom soup reduced-fat reduced-sodium canned
- 0.5 cup knudsen cream light sour
- 1 lb green beans fresh trimmed
- 0.5 lb mushrooms fresh sliced
- 0.8 cup fried onions french
- 0.5 cup milk
- 1 Tbsp olive oil
- 1 small onion finely chopped

0.3 tsp pepper

Equipment

frying pan

oven

Directions

Heat oven to 350F.

Heat oil in large skillet on medium heat.

Add mushrooms and chopped onions; cook and stir 3 min. or until onions are crisp-tender. Stir in beans; cover. Cook on medium-low heat 4 min.

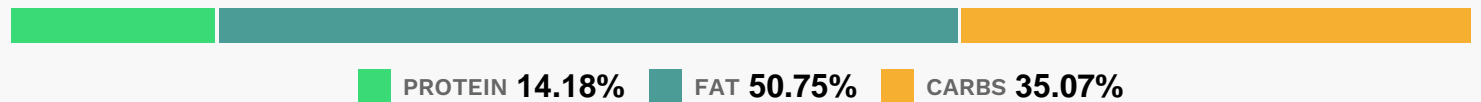
Remove from heat.

Mix next 4 ingredients until blended.

Add to vegetable mixture; mix well. Spoon into 2-qt. casserole sprayed with cooking spray.

Bake 40 min. or until heated through, topping with French fried onions after 30 min.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:1.18, Inflammation Score:-3, Nutrition Score:5.2560868937036%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 84.05kcal (4.2%), Fat: 4.93g (7.59%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 6.3g (2.29%), Sugar: 2.36g (2.63%), Cholesterol: 5.76mg (1.92%), Sodium: 211.95mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Vitamin K: 17.13µg (16.31%), Vitamin B2: 0.16mg (9.21%), Manganese: 0.17mg (8.73%), Copper: 0.14mg (6.89%), Vitamin C: 5.53mg (6.7%), Vitamin A: 309.06IU (6.18%), Potassium: 214.27mg (6.12%), Vitamin B3: 1.2mg (5.98%), Phosphorus: 56.3mg (5.63%), Fiber: 1.37g (5.47%),

Folate: 19.51µg (4.88%), Vitamin B6: 0.1mg (4.88%), Vitamin B5: 0.46mg (4.59%), Calcium: 43.05mg (4.31%),
Vitamin B1: 0.06mg (4.22%), Magnesium: 15.64mg (3.91%), Iron: 0.68mg (3.77%), Zinc: 0.55mg (3.66%), Selenium:
2.51µg (3.58%), Vitamin E: 0.36mg (2.4%), Vitamin B12: 0.14µg (2.34%), Vitamin D: 0.17µg (1.13%)