



Green Bean Cheddar Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1.3 cups french-fried onions
- ☐ 4 cups cut green beans cooked
- ☐ 1 Dash ground pepper black
- ☐ 0.5 cup milk
- ☐ 1.5 cups dietz & watson ny c-sharp cheddar cheese shredded white
- ☐ 1 teaspoon soya sauce

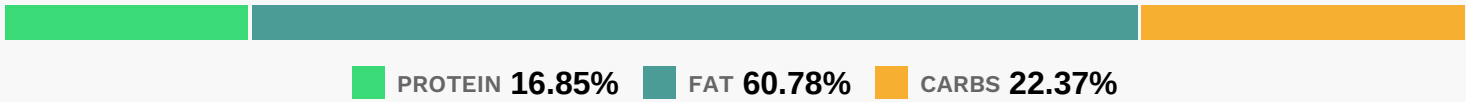
Equipment

☐ oven

Directions

- ☐ Stir the soup, milk, soy sauce, black pepper, 1 cup of the cheddar cheese, beans and 2/3 cup onions in a 1 1/2 quart casserole.
- ☐ Bake at 350 degrees F for 25 minutes or until the bean mixture is hot and bubbling. Stir the bean mixture.
- ☐ Sprinkle with the remaining cheddar cheese and onions.
- ☐ Bake for an additional 5 minutes or until the onions and cheese are golden brown.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:1.5, Inflammation Score:-5, Nutrition Score:7.9852174054021%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 194.7kcal (9.73%), Fat: 13.26g (20.41%), Saturated Fat: 6.78g (42.36%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 9.41g (3.42%), Sugar: 2.61g (2.9%), Cholesterol: 24.92mg (8.31%), Sodium: 537.4mg (23.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.55%), Vitamin K: 24.22µg (23.07%), Calcium: 190.63mg (19.06%), Phosphorus: 145.38mg (14.54%), Vitamin A: 616.57IU (12.33%), Manganese: 0.24mg (12.06%), Vitamin B2: 0.2mg (11.51%), Selenium: 6.62µg (9.46%), Zinc: 1.39mg (9.3%), Vitamin C: 6.71mg (8.13%), Folate: 25.4µg (6.35%), Fiber: 1.57g (6.28%), Vitamin B12: 0.37µg (6.13%), Copper: 0.12mg (6.12%), Magnesium: 24.29mg (6.07%), Vitamin B6: 0.12mg (5.91%), Potassium: 204.99mg (5.86%), Iron: 0.89mg (4.92%), Vitamin B1: 0.07mg (4.52%), Vitamin B3: 0.8mg (4.02%), Vitamin B5: 0.34mg (3.44%), Vitamin E: 0.39mg (2.61%), Vitamin D: 0.29µg (1.97%)