



## Green Bean Supreme

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



274 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 5 ounce water chestnuts drained sliced canned
- 10.8 ounce cream of mushroom soup canned
- 2.8 ounce french-fried onion rings canned
- 2 cups green beans fresh chopped
- 1 onion diced finely
- 0.1 teaspoon pepper sauce hot
- 1 teaspoon salt

- 12 ounces sharp cheddar cheese shredded
- 2 teaspoons soya sauce
- 2 tablespoons worcestershire sauce

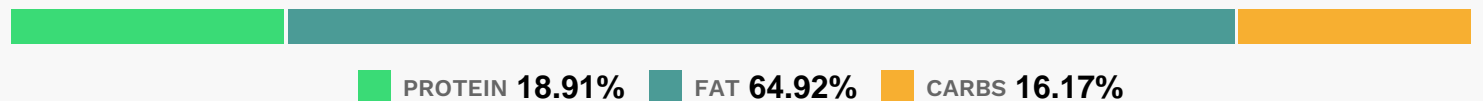
## Equipment

- frying pan
- oven
- pot
- casserole dish

## Directions

- Steam beans over a pot of boiling water until tender but still firm. Rinse under cold water to cool.
- Preheat oven to 350 degrees F (175 degrees C).
- In a large skillet over medium heat, melt butter and saute onions.
- Add salt, soy sauce, hot pepper sauce, Worcestershire sauce and mushroom soup; mix well.
- In a small casserole dish, layer half the beans, chestnuts, cheese and soup mixture. Repeat layer.
- Bake at 350 degrees F (175 degrees C) for about 30 minutes or until hot and bubbly. Top with onions and heat 10 minutes longer.

## Nutrition Facts



## Properties

Glycemic Index:20.63, Glycemic Load:1.12, Inflammation Score:-5, Nutrition Score:9.6913043208744%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

## Nutrients (% of daily need)

Calories: 273.7kcal (13.69%), Fat: 19.96g (30.7%), Saturated Fat: 11.27g (70.45%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 9.43g (3.43%), Sugar: 3.42g (3.79%), Cholesterol: 51.95mg (17.32%), Sodium: 1062.64mg (46.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.08g (26.16%), Calcium: 335.67mg (33.57%), Phosphorus: 230.91mg (23.09%), Selenium: 12.53µg (17.9%), Vitamin B2: 0.26mg (15.2%), Zinc: 2.19mg (14.61%), Vitamin A: 707.04IU (14.14%), Vitamin K: 13.24µg (12.61%), Manganese: 0.23mg (11.62%), Vitamin B12: 0.52µg (8.63%), Copper: 0.15mg (7.65%), Vitamin B6: 0.15mg (7.35%), Fiber: 1.76g (7.02%), Potassium: 229.61mg (6.56%), Vitamin C: 5.33mg (6.46%), Folate: 25.6µg (6.4%), Iron: 1.15mg (6.4%), Magnesium: 25.05mg (6.26%), Vitamin E: 0.66mg (4.38%), Vitamin B3: 0.77mg (3.86%), Vitamin B5: 0.38mg (3.76%), Vitamin B1: 0.06mg (3.73%), Vitamin D: 0.26µg (1.7%)