



Green Bean Supreme Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



15

CALORIES



403 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 slices bacon
- 0.3 cup butter
- 5 ounce water chestnuts drained sliced canned
- 0.3 cup ginger fresh grated peeled
- 60 ounce cut green beans french drained canned
- 15 servings salt and ground pepper black to taste
- 3 cups macadamia nuts finely chopped
- 1.5 cups mushrooms sliced

- 1 onion diced
- 1.5 cups sharp cheddar cheese grated
- 1.3 cups cup heavy whipping cream sour
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- frying pan
- paper towels
- oven
- baking pan
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- Place the bacon in a skillet, and cook over medium-high heat until evenly brown.
- Drain on paper towels. When cool, crumble and set aside.
- Place the butter in a skillet, and melt over medium heat. Stir in the ginger, onion, and mushrooms; cook until onion is transparent and tender, about 5 minutes.
- Remove from the heat, and mix in the Worcestershire sauce.
- Add salt and pepper to taste.
- Stir the beans, bacon, and sour cream together in a large bowl until evenly blended.
- Spread half of the green bean mixture over the bottom of the prepared casserole dish. Arrange half of the water chestnuts over the beans, then half of the Cheddar cheese, and half of the mushroom mixture.
- Spread the remaining green beans over the mushrooms, and repeat layers with the remaining water chestnuts, Cheddar cheese, and mushrooms. Top with the macadamia nuts.
- Bake in preheated oven until top is hot and sauce is bubbly, about 30 minutes.
- Serve hot.

Nutrition Facts

PROTEIN 8.77% FAT 75.74% CARBS 15.49%

Properties

Glycemic Index:15.93, Glycemic Load:2.71, Inflammation Score:-8, Nutrition Score:18.000434994698%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 403.38kcal (20.17%), Fat: 35.91g (55.24%), Saturated Fat: 10.91g (68.21%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 10.51g (3.82%), Sugar: 6.73g (7.48%), Cholesterol: 38.49mg (12.83%), Sodium: 221.59mg (9.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.71%), Manganese: 1.4mg (70.11%), Vitamin K: 49.83µg (47.46%), Vitamin B1: 0.47mg (31.19%), Fiber: 6.01g (24.05%), Vitamin A: 1116.45IU (22.33%), Phosphorus: 192.88mg (19.29%), Vitamin C: 15.64mg (18.95%), Magnesium: 73.15mg (18.29%), Vitamin B2: 0.3mg (17.77%), Copper: 0.35mg (17.53%), Calcium: 171.15mg (17.11%), Vitamin B6: 0.33mg (16.28%), Iron: 2.57mg (14.27%), Potassium: 479.42mg (13.7%), Selenium: 9.01µg (12.87%), Vitamin B3: 2.43mg (12.15%), Folate: 48.26µg (12.06%), Zinc: 1.37mg (9.13%), Vitamin B5: 0.82mg (8.17%), Vitamin E: 0.99mg (6.59%), Vitamin B12: 0.23µg (3.82%)