



Mashed Potato Topped Green Bean Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1.3 cups french's® fried onions french divided
- ☐ 30 ounce green beans canned drained
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.8 cup milk
- ☐ 4 ounce buttery homestyle potatoes prepared mashed flavored idahoan®

Equipment

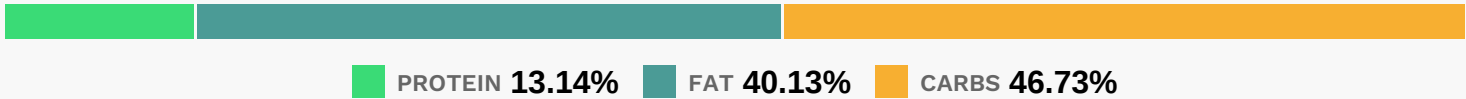
- ☐ oven

☐ broiler

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Mix soup and milk, then add pepper and green beans.
- ☐ Stir in 2/3 cup French fried onions.
- ☐ Pour into a 1 1/2 quart casserole.
- ☐ Bake for 30 minutes or until hot.
- ☐ Remove from oven and stir casserole. Top with prepared mashed potatoes.
- ☐ Adjust oven to broil. Toast potatoes under broiler until lightly brown, about 2 minutes.
- ☐ Top with remaining French fried onions and serve.

Nutrition Facts



Properties

Glycemic Index:24.97, Glycemic Load:4.31, Inflammation Score:-6, Nutrition Score:9.8152174224024%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 139.25kcal (6.96%), Fat: 6.43g (9.89%), Saturated Fat: 2.88g (18.01%), Carbohydrates: 16.84g (5.61%), Net Carbohydrates: 13.58g (4.94%), Sugar: 4.68g (5.2%), Cholesterol: 4.65mg (1.55%), Sodium: 363.77mg (15.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Vitamin K: 46.1µg (43.91%), Vitamin C: 15.76mg (19.11%), Manganese: 0.37mg (18.53%), Vitamin A: 771.06IU (15.42%), Fiber: 3.27g (13.07%), Vitamin B6: 0.22mg (11.05%), Potassium: 366.72mg (10.48%), Folate: 40.02µg (10.01%), Vitamin B2: 0.17mg (9.98%), Magnesium: 35.3mg (8.83%), Phosphorus: 82.68mg (8.27%), Copper: 0.17mg (8.27%), Iron: 1.48mg (8.2%), Vitamin B1: 0.12mg (7.93%), Calcium: 70.83mg (7.08%), Vitamin B3: 1.3mg (6.48%), Zinc: 0.81mg (5.4%), Vitamin B5: 0.44mg (4.39%), Vitamin B12: 0.18µg (3.07%), Vitamin E: 0.45mg (2.99%), Vitamin D: 0.25µg (1.68%), Selenium: 1.12µg (1.6%)