



Mini Green Bean Casseroles

READY IN



40 min.

SERVINGS



16

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 32 ounce biscuits refrigerated
- 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned (Regular or)
- 2.8 ounce french's® fried onions french canned
- 4 cups cut green beans cooked
- 0.5 cup milk
- 1.5 cups cheddar cheese shredded

Equipment

- bowl

frying pan

oven

Directions

- Heat the oven to 375 degrees F. Spray 16 (2 1/2-inch) muffin-pan cups with the cooking spray. Stir the green beans, soup, milk, 1 cup cheese and 2/3 cup onions in a large bowl.
- Roll each biscuit into a 4-inch circle. Press the biscuit circles into the bottoms and up the sides of the muffin-pan cups. Divide the green bean mixture among the biscuit cups.
- Bake for 20 minutes or until the biscuit cups are golden brown. Stir the remaining cheese and onions in a small bowl.
- Sprinkle over the green bean mixture.
- Bake for 5 minutes or until the cheese is melted.
- Let the minis cool in the pans on wire racks for 5 minutes.

Nutrition Facts


■ PROTEIN 9.89% ■ FAT 47.14% ■ CARBS 42.97%

Properties

Glycemic Index:11, Glycemic Load:18.14, Inflammation Score:-4, Nutrition Score:9.7913043809974%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 305.9kcal (15.3%), Fat: 16.13g (24.82%), Saturated Fat: 4.86g (30.39%), Carbohydrates: 33.09g (11.03%), Net Carbohydrates: 31.57g (11.48%), Sugar: 3.27g (3.63%), Cholesterol: 13.03mg (4.34%), Sodium: 784.31mg (34.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.23%), Phosphorus: 316mg (31.6%), Selenium: 13.97µg (19.95%), Vitamin B1: 0.28mg (18.39%), Manganese: 0.34mg (17.01%), Vitamin B2: 0.26mg (15.46%), Vitamin K: 14.43µg (13.74%), Folate: 52.32µg (13.08%), Iron: 2.3mg (12.8%), Calcium: 123mg (12.3%), Vitamin B3: 2.29mg (11.44%), Potassium: 228.63mg (6.53%), Zinc: 0.97mg (6.45%), Vitamin E: 0.94mg (6.3%), Vitamin A: 309.39IU (6.19%), Fiber: 1.52g (6.07%), Magnesium: 21.62mg (5.41%), Copper: 0.11mg (5.39%), Vitamin B12: 0.26µg (4.39%), Vitamin B6: 0.09mg (4.25%), Vitamin C: 3.36mg (4.07%), Vitamin B5: 0.34mg (3.4%)