



Mom's Green Bean Vegetable Casserole

READY IN



50 min.

SERVINGS



8

CALORIES



264 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 2 sleeves buttery round crackers crushed
- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 14.5 ounce cut green beans french drained canned
- ☐ 0.5 cup onion chopped
- ☐ 1 pinch salt
- ☐ 0.8 cup cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 15.3 ounce kernel corn whole drained canned

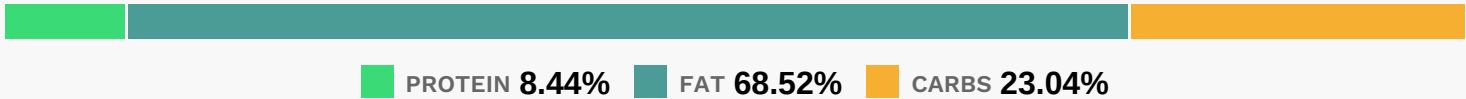
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a casserole dish.
- ☐ In a bowl, stir together the cream of celery soup, sour cream, Cheddar cheese, onion, and salt until well combined.
- ☐ Mix the green beans and corn together in the prepared dish, and spread the soup mixture over the vegetables.
- ☐ Place the crushed crackers in a bowl and stir in the butter.
- ☐ Spread the crumbs over the casserole.
- ☐ Bake in the preheated oven until the casserole is bubbling and the crumb topping is golden brown, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:1.29, Inflammation Score:-6, Nutrition Score:8.3052173762218%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 264.45kcal (13.22%), Fat: 20.67g (31.79%), Saturated Fat: 11.39g (71.21%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 13.84g (5.03%), Sugar: 3.21g (3.56%), Cholesterol: 53.77mg (17.92%), Sodium: 464.56mg (20.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.45%), Vitamin K: 30.53µg (29.07%), Vitamin A: 1012.42IU (20.25%), Calcium: 128.56mg (12.86%), Phosphorus: 120.91mg (12.09%), Manganese: 0.24mg (11.85%),

Vitamin C: 8.13mg (9.86%), Folate: 39.34µg (9.84%), Vitamin B2: 0.16mg (9.22%), Vitamin E: 1.23mg (8.21%), Potassium: 253.46mg (7.24%), Fiber: 1.8g (7.21%), Selenium: 4.75µg (6.79%), Magnesium: 26.42mg (6.6%), Vitamin B5: 0.59mg (5.89%), Copper: 0.11mg (5.31%), Zinc: 0.79mg (5.27%), Iron: 0.92mg (5.13%), Vitamin B6: 0.1mg (5.12%), Vitamin B1: 0.07mg (4.9%), Vitamin B3: 0.97mg (4.86%), Vitamin B12: 0.18µg (3.03%)