



## My Favorite Green Bean Casserole

READY IN



50 min.

SERVINGS



6

CALORIES



331 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 cup buttery round crackers crushed
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon flat-leaf parsley fresh minced
- ☐ 29 ounce green beans french-style drained canned
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 1 cup mushrooms fresh diced
- ☐ 0.5 cup onion diced

- ☐ 1 teaspoon salt
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup cup heavy whipping cream sour

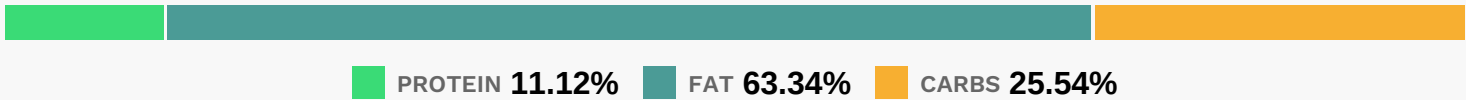
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Melt 2 tablespoons butter in a skillet over medium heat. Cook and stir the onions, parsley, and mushrooms in the melted butter until the onions are translucent and the mushrooms are giving off their juices, 7 to 10 minutes.
- ☐ Add the flour, salt, pepper, and lemon juice; cook until the flour is slightly browned, 2 to 3 minutes. Stir the sour cream into the mixture.
- ☐ Mix the green beans into the mixture.
- ☐ Pour the green bean mixture into a 9-inch square baking dish.
- ☐ Sprinkle the Cheddar cheese over the mixture. Stir the crackers and melted butter together in a small bowl until evenly mixed; spread evenly over the Cheddar cheese layer.
- ☐ Bake in the preheated oven until bubbly and brown, 20 to 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:53.5, Glycemic Load:4.62, Inflammation Score:-8, Nutrition Score:16.932173967361%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 330.94kcal (16.55%), Fat: 24.24g (37.29%), Saturated Fat: 12.98g (81.15%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 17.54g (6.38%), Sugar: 7.56g (8.4%), Cholesterol: 61.79mg (20.6%), Sodium: 681.67mg (29.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.57g (19.14%), Vitamin K: 76.88µg (73.22%), Vitamin A: 1666.71IU (33.33%), Calcium: 246.08mg (24.61%), Vitamin B2: 0.4mg (23.59%), Vitamin C: 19.43mg (23.55%), Phosphorus: 218.04mg (21.8%), Manganese: 0.42mg (21.06%), Fiber: 4.45g (17.8%), Folate: 69.91µg (17.48%), Selenium: 10.54µg (15.05%), Vitamin B1: 0.21mg (13.98%), Vitamin B6: 0.26mg (13.16%), Potassium: 445.15mg (12.72%), Magnesium: 49.24mg (12.31%), Iron: 2.2mg (12.24%), Vitamin B3: 2.29mg (11.47%), Vitamin E: 1.43mg (9.54%), Copper: 0.18mg (9.17%), Zinc: 1.35mg (9%), Vitamin B5: 0.83mg (8.35%), Vitamin B12: 0.3µg (5.04%)