



## Shoepeg & Green Bean Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



392 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1 cup round buttery crackers crushed ( 18 crackers)
- ☐ 10.8 oz campbell's® condensed cream of celery soup canned
- ☐ 14.5 oz green beans drained canned
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup cream sour
- ☐ 14 oz corn syrup drained canned

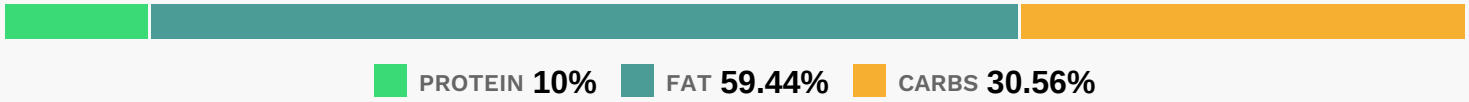
### Equipment

- ☐ oven
- ☐ baking pan

## Directions

- ☐ Stir together corn, beans, soup, sour cream and cheese; spread in a greased 2-quart baking dish. Top with cracker crumbs; drizzle with melted butter.
- ☐ Bake, uncovered, at 350 degrees for one hour or until golden.

## Nutrition Facts



## Properties

Glycemic Index:12.17, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:14.677826093591%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

## Nutrients (% of daily need)

Calories: 391.92kcal (19.6%), Fat: 27.12g (41.73%), Saturated Fat: 10.35g (64.66%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 27.21g (9.89%), Sugar: 10.22g (11.35%), Cholesterol: 47.04mg (15.68%), Sodium: 580.63mg (25.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.53%), Vitamin K: 44.49µg (42.37%), Vitamin A: 1383.14IU (27.66%), Phosphorus: 246.99mg (24.7%), Calcium: 233.03mg (23.3%), Manganese: 0.45mg (22.56%), Vitamin B2: 0.3mg (17.86%), Fiber: 4.17g (16.68%), Vitamin C: 12.93mg (15.67%), Vitamin B5: 1.37mg (13.68%), Vitamin E: 1.98mg (13.17%), Selenium: 9.06µg (12.95%), Magnesium: 51.28mg (12.82%), Folate: 50.4µg (12.6%), Potassium: 439.32mg (12.55%), Vitamin B1: 0.19mg (12.38%), Vitamin B3: 2.28mg (11.38%), Vitamin B6: 0.22mg (11.06%), Iron: 1.83mg (10.15%), Zinc: 1.46mg (9.74%), Copper: 0.17mg (8.39%), Vitamin B12: 0.31µg (5.17%)