



Simple Pecan-Green Bean Casserole

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup japanese breadcrumbs panko
- ☐ 1 cup fried onions french crushed
- ☐ 8 servings simple blanched green beans
- ☐ 8 servings buttermilk sauce white
- ☐ 0.5 cup pecans chopped
- ☐ 1 cup roasted bell peppers red jarred finely chopped

Equipment

- ☐ frying pan

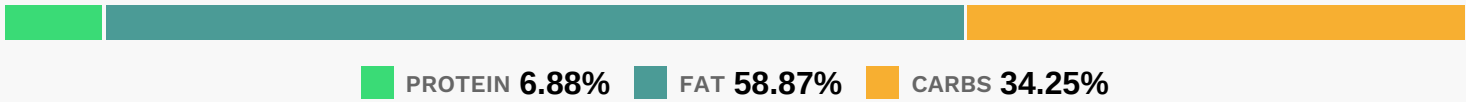
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 oven

Directions

- ☐ Preheat oven to 35
- ☐ Place French fried onions, Japanese breadcrumbs, and chopped pecans in an even layer in a 15- x 10-inch jelly-roll pan.
- ☐ Bake 8 to 10 minutes or until toasted, stirring after 5 minutes.
- ☐ Prepare Buttermilk White Sauce and Simple Blanched Green Beans as directed. (Do not plunge beans into ice water.) Gently toss together green beans and roasted red bell peppers, and spoon onto a serving platter. Top with Buttermilk White Sauce, and sprinkle with toasted pecan mixture.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:1.11, Inflammation Score:-5, Nutrition Score:6.9569564578326%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 127.06kcal (6.35%), Fat: 8.68g (13.35%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 8.84g (3.22%), Sugar: 2.53g (2.81%), Cholesterol: 0mg (0%), Sodium: 340.64mg (14.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Manganese: 0.49mg (24.39%), Vitamin K: 24.14µg (22.99%), Vitamin C: 14.92mg (18.09%), Fiber: 2.52g (10.07%), Vitamin A: 474.32IU (9.49%), Vitamin B1: 0.13mg (8.71%), Copper: 0.15mg (7.6%), Folate: 26.46µg (6.62%), Magnesium: 25.53mg (6.38%), Vitamin B6: 0.13mg (6.38%), Iron: 1.06mg (5.89%), Vitamin B2: 0.09mg (5.08%), Potassium: 176.88mg (5.05%), Phosphorus: 49.46mg (4.95%), Vitamin B3: 0.83mg (4.14%), Calcium: 39.16mg (3.92%), Zinc: 0.53mg (3.51%), Selenium: 1.59µg (2.27%),

Vitamin E: 0.32mg (2.16%), Vitamin B5: 0.21mg (2.1%)