



Sister Schubert's® Green Bean Casserole

READY IN



57 min.

SERVINGS



8

CALORIES



304 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces cheddar cheese shredded white yellow
- 2 tablespoons flour
- 1.5 pounds green beans cooled cut into 2" pieces
- 1 cup milk
- 8 ounces mushrooms sliced
- 8 ounces mushrooms sliced
- 1 tablespoon olive oil
- 2 tablespoons parmesan cheese grated
- 1 tablespoon parsley chopped

- 4 ounces cream cheese cut into small pieces
- 8 servings salt and pepper
- 1 shallots chopped
- 6 small portugese rolls crumbled
- 0.5 teaspoon thyme leaves dry

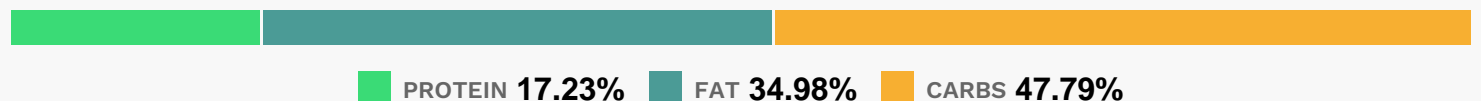
Equipment

- frying pan
- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 350 degrees F. Butter a 9 x 9-inch baking dish.
- In a small mixing bowl, combine all ingredients for topping and set aside.
- Heat oil in a small skillet, add shallots and cook until tender, about 2 minutes.
- Add mushrooms and continue to cook until all moisture evaporates.
- Add flour and continue to cook for 1 minute.
- Pour in milk and stir until mixture is thick.
- Add cream cheese, salt and pepper and mix until smooth. Fold in cheddar cheese, add green beans and pour all into prepared baking dish.
- Sprinkle topping mixture over beans and bake for 20 to 25 minutes or until heated thoroughly.
- Serve.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:21.11, Inflammation Score:-7, Nutrition Score:15.976521678593%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 303.51kcal (15.18%), Fat: 12.12g (18.65%), Saturated Fat: 5.09g (31.81%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 33.41g (12.15%), Sugar: 9.74g (10.82%), Cholesterol: 26.58mg (8.86%), Sodium: 598.91mg (26.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.43g (26.87%), Iron: 9.39mg (52.16%), Vitamin K: 46.46µg (44.25%), Vitamin B2: 0.46mg (27.2%), Phosphorus: 210.6mg (21.06%), Calcium: 210.49mg (21.05%), Vitamin A: 915.52IU (18.31%), Selenium: 12.05µg (17.22%), Fiber: 3.85g (15.39%), Vitamin C: 12.68mg (15.37%), Vitamin B3: 2.86mg (14.27%), Vitamin B5: 1.36mg (13.56%), Potassium: 469.76mg (13.42%), Copper: 0.26mg (12.8%), Folate: 48.76µg (12.19%), Manganese: 0.24mg (12.05%), Vitamin B6: 0.23mg (11.36%), Vitamin B1: 0.16mg (10.66%), Magnesium: 36.95mg (9.24%), Zinc: 1.31mg (8.75%), Vitamin B12: 0.48µg (8.08%), Vitamin E: 0.78mg (5.19%), Vitamin D: 0.58µg (3.88%)