



Slow Cooker Green Bean Casserole

 **Gluten Free**  **Popular**

READY IN



310 min.

SERVINGS



8

CALORIES



275 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 21.5 ounce cream of chicken soup canned
- 6 ounce french-fried onions divided canned
- 32 ounce cut green beans frozen
- 0.3 teaspoon ground pepper black
- 0.7 cup milk
- 0.5 cup parmesan cheese grated
- 0.3 teaspoon salt

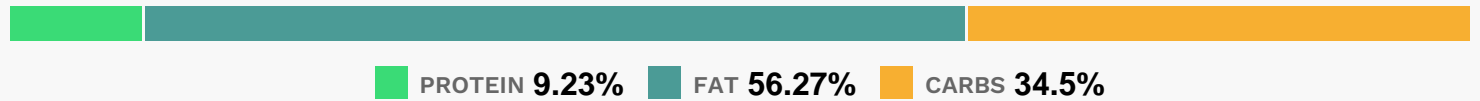
Equipment

slow cooker

Directions

- Combine green beans, cream of chicken soup, milk, Parmesan cheese, salt, black pepper, and half the can of French-fried onions in a slow cooker.
- Cover and cook on Low for 5 to 6 hours. Top casserole with remaining French-fried onions to serve.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:4.94, Inflammation Score:-7, Nutrition Score:10.933043438455%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 275.28kcal (13.76%), Fat: 17.38g (26.74%), Saturated Fat: 7.12g (44.5%), Carbohydrates: 23.98g (7.99%), Net Carbohydrates: 20.91g (7.6%), Sugar: 5.09g (5.66%), Cholesterol: 13.97mg (4.66%), Sodium: 908.55mg (39.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Vitamin K: 52.15µg (49.67%), Vitamin A: 1008.46IU (20.17%), Vitamin C: 13.91mg (16.86%), Manganese: 0.31mg (15.55%), Calcium: 133.21mg (13.32%), Phosphorus: 126.97mg (12.7%), Fiber: 3.08g (12.31%), Vitamin B2: 0.2mg (11.92%), Iron: 2.01mg (11.17%), Folate: 39.33µg (9.83%), Potassium: 319.45mg (9.13%), Magnesium: 36.13mg (9.03%), Copper: 0.18mg (8.97%), Vitamin B6: 0.18mg (8.88%), Vitamin B1: 0.12mg (7.74%), Selenium: 4.71µg (6.72%), Vitamin E: 0.92mg (6.13%), Vitamin B3: 1.16mg (5.79%), Zinc: 0.85mg (5.65%), Vitamin B5: 0.5mg (4.98%), Vitamin B12: 0.19µg (3.24%), Vitamin D: 0.25µg (1.7%)