



## Smoky Green Bean Casserole

READY IN



65 min.

SERVINGS



5

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 slices oscar mayer bacon chopped
- 8 oz triple cheddar cheese shredded with a touch of philadelphia kraft
- 2 Tbsp flour
- 1.5 lb green beans fresh trimmed cut into 1-inch lengths
- 1.5 cups milk
- 0.5 cup onions finely chopped
- 0.3 cup ritz crackers crushed

### Equipment

- frying pan
- paper towels
- sauce pan
- oven
- slotted spoon

## Directions

- Heat oven to 350F.
- Add beans to large saucepan of boiling water; cook on medium heat 4 to 6 min. or until crisp-tender. Rinse with cold water; drain.
- Cook bacon in same saucepan on medium heat until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 2 Tbsp. drippings from skillet.
- Add onions to reserved drippings; cook and stir 4 min. or until tender. Stir in flour. Gradually stir in milk until well blended; cook and stir 3 min. or until thickened.
- Add cheese; cook and stir 3 min. or until melted.
- Stir in beans and bacon; spoon into 1-1/2-qt. casserole sprayed with cooking spray. Top with cracker crumbs.
- Bake 25 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:42.6, Glycemic Load:6.26, Inflammation Score:-8, Nutrition Score:19.450434705485%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg

## Nutrients (% of daily need)

Calories: 363.21kcal (18.16%), Fat: 24.28g (37.35%), Saturated Fat: 12.12g (75.77%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 16.38g (5.96%), Sugar: 9.12g (10.13%), Cholesterol: 62.86mg (20.95%), Sodium: 455.99mg (19.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.9g (35.8%), Vitamin K: 61.89µg (58.95%), Calcium: 472.02mg (47.2%), Phosphorus: 371.19mg (37.12%), Vitamin A: 1517.22IU (30.34%), Vitamin B2: 0.48mg (28.41%), Selenium: 18.98µg (27.11%), Vitamin C: 17.79mg (21.56%), Manganese: 0.37mg (18.28%), Zinc: 2.52mg (16.8%), Vitamin B1: 0.25mg (16.72%), Fiber: 4.12g (16.48%), Folate: 65.84µg (16.46%), Vitamin B6: 0.33mg (16.29%), Vitamin B12: 0.94µg (15.7%), Magnesium: 59.65mg (14.91%), Potassium: 489.32mg (13.98%), Iron: 1.88mg (10.44%), Vitamin B3: 2.02mg (10.11%), Vitamin B5: 0.89mg (8.87%), Vitamin E: 1.14mg (7.57%), Vitamin D: 1.13µg (7.53%), Copper: 0.13mg (6.53%)