



WHATSheATE

Spinach-Green Bean Casserole



Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 5.6 ounce fried onions french canned
- ☐ 30 ounce green beans drained canned
- ☐ 0.8 cup milk
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 14 ounce pkt spinach drained chopped canned

Equipment

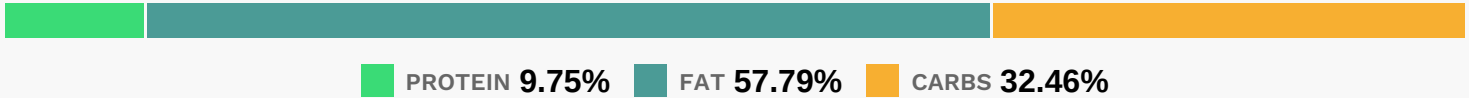
- ☐ bowl

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Lightly grease a casserole dish.
- ☐ Stir the milk, sour cream and cream of mushroom soup together in a large bowl. Fold in the green beans and spinach, and mix in about half of the onions.
- ☐ Pour into the casserole dish and top with the remaining onions.
- ☐ Bake uncovered in the preheated oven until bubbly and browned on top, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:2.72, Inflammation Score:-10, Nutrition Score:21.510000120039%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg, Kaempferol: 3.64mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 262.28kcal (13.11%), Fat: 17.3g (26.61%), Saturated Fat: 8g (49.99%), Carbohydrates: 21.86g (7.29%), Net Carbohydrates: 17.82g (6.48%), Sugar: 5.75g (6.39%), Cholesterol: 21.61mg (7.2%), Sodium: 498.57mg (21.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.14%), Vitamin K: 285.84µg (272.23%), Vitamin A: 5601.8IU (112.04%), Manganese: 0.79mg (39.65%), Folate: 135.72µg (33.93%), Vitamin C: 27.17mg (32.93%), Magnesium: 74.06mg (18.51%), Vitamin B2: 0.31mg (18.06%), Potassium: 619.4mg (17.7%), Fiber: 4.04g (16.15%), Iron: 2.73mg (15.15%), Calcium: 147.15mg (14.71%), Vitamin B6: 0.29mg (14.38%), Phosphorus: 120.71mg (12.07%), Copper: 0.22mg (10.97%), Vitamin E: 1.56mg (10.42%), Vitamin B1: 0.15mg (10.14%), Vitamin B3: 1.53mg (7.67%), Zinc: 1.13mg (7.51%), Vitamin B5: 0.53mg (5.26%), Vitamin B12: 0.24µg (4.08%), Selenium: 2.63µg (3.76%), Vitamin D: 0.25µg (1.68%)