



Supreme Green Bean Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



229 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 18 oz cream of mushroom soup canned
- ☐ 0.3 cup wine dry white
- ☐ 24 oz green beans frozen thawed
- ☐ 1 Dash pepper black
- ☐ 4.5 oz mushrooms drained sliced
- ☐ 1 cup panko bread crumbs crispy italian
- ☐ 1 cup parmesan cheese grated
- ☐ 2 oz pimientos diced drained

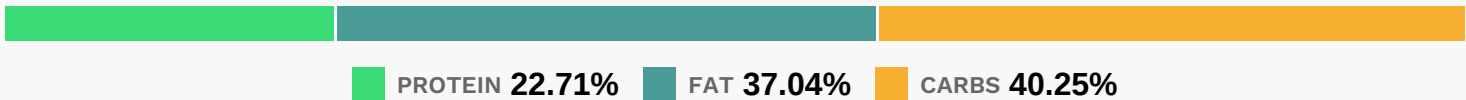
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 350F. In ungreased 2-quart casserole, mix soup, wine, cheese, pepper, green beans, mushrooms and pimientos.
- ☐ In small bowl, stir bread crumbs and melted butter until well mixed.
- ☐ Sprinkle over casserole.
- ☐ Bake about 40 minutes or until hot and bubbly and bread crumbs are golden brown.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:2.59, Inflammation Score:-8, Nutrition Score:16.718695570593%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 229.04kcal (11.45%), Fat: 9.47g (14.57%), Saturated Fat: 4.19g (26.17%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 19.05g (6.93%), Sugar: 5.16g (5.73%), Cholesterol: 18.75mg (6.25%), Sodium: 999.84mg (43.47%), Alcohol: 1.03g (100%), Alcohol %: 0.49% (100%), Protein: 13.07g (26.14%), Vitamin K: 50.74µg (48.32%), Manganese: 0.64mg (31.93%), Vitamin C: 24.11mg (29.23%), Vitamin A: 1261.06IU (25.22%), Calcium: 213.97mg (21.4%), Vitamin B2: 0.36mg (21.27%), Phosphorus: 212.55mg (21.26%), Copper: 0.35mg (17.72%), Fiber: 4.12g (16.46%), Selenium: 11.04µg (15.77%), Vitamin B3: 3.12mg (15.62%), Vitamin B1: 0.23mg (15.41%), Folate: 59.48µg (14.87%), Zinc: 2.22mg

(14.79%), Iron: 2.65mg (14.73%), Potassium: 490.85mg (14.02%), Vitamin B6: 0.27mg (13.59%), Magnesium: 48.11mg (12.03%), Vitamin B5: 0.85mg (8.52%), Vitamin B12: 0.41µg (6.78%), Vitamin E: 0.71mg (4.75%)