



Tasty Green Bean Casserole

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices bacon
- 2 tablespoons butter
- 10.8 ounce cream of mushroom soup canned
- 0.3 cup cooking wine dry white
- 0.5 cup fried onions french canned
- 16 ounce green beans whole frozen thawed
- 0.3 cup milk
- 0.5 medium onion chopped

- 0.5 bell pepper diced red seeded
- 8 servings salt and pepper to taste
- 0.5 cup mozzarella cheese shredded
- 1 tablespoon soya sauce

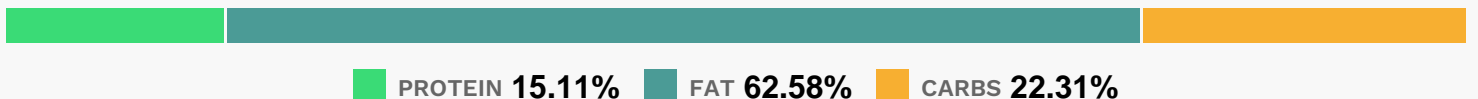
Equipment

- frying pan
- paper towels
- oven
- baking pan

Directions

- Preheat the oven to 325 degrees F (165 degrees C).
- Fry bacon in a skillet over medium-high heat until crisp.
- Drain on paper towels, crumble, and set aside.
- Drain most of the bacon grease from the pan, and place over medium heat.
- Add the onions and bell pepper; cook and stir until tender. Stir in the wine, scraping all of the bits of bacon from the bottom of the pan.
- Mix in the butter, milk, soup, and soy sauce. Season with salt and pepper. Stir in the green beans and bacon until evenly coated. Fold in cheese, then transfer to a 9x13 inch baking dish.
- Sprinkle with French fried onions.
- Bake uncovered for 25 minutes in the preheated oven, until heated through, and sauce is bubbly.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:1.57, Inflammation Score:-6, Nutrition Score:8.0504348070725%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 171.41kcal (8.57%), Fat: 11.78g (18.13%), Saturated Fat: 5.55g (34.66%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 7.56g (2.75%), Sugar: 3g (3.34%), Cholesterol: 23.13mg (7.71%), Sodium: 765.18mg (33.27%), Alcohol: 0.77g (100%), Alcohol %: 0.64% (100%), Protein: 6.4g (12.8%), Vitamin K: 25.23µg (24.03%), Vitamin C: 16.95mg (20.54%), Vitamin A: 775.44IU (15.51%), Manganese: 0.28mg (13.9%), Phosphorus: 89.96mg (9%), Vitamin B6: 0.17mg (8.5%), Vitamin B2: 0.14mg (7.94%), Fiber: 1.9g (7.59%), Calcium: 71.97mg (7.2%), Vitamin B3: 1.4mg (6.98%), Potassium: 242.88mg (6.94%), Folate: 27.18µg (6.79%), Vitamin B1: 0.1mg (6.66%), Zinc: 0.97mg (6.49%), Copper: 0.13mg (6.41%), Magnesium: 23.78mg (5.95%), Iron: 1.05mg (5.83%), Selenium: 3.99µg (5.7%), Vitamin B12: 0.32µg (5.38%), Vitamin B5: 0.35mg (3.47%), Vitamin E: 0.5mg (3.31%), Vitamin D: 0.16µg (1.04%)