



Three-Cheese Green Bean Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings pepper black freshly ground to taste
- 0.5 cup chèvre with garlic and herbs soft (goat cheese)
- 0.5 cup curd cottage cheese fat-free
- 1 pound green beans fresh frozen cooked (or green beans)
- 0.3 cup parmesan cheese freshly grated
- 0.5 cup slivered almonds toasted

Equipment

- oven

blender

broiler

Directions

Preheat oven to 375 degrees. Cook frozen beans per package directions; drain.

In a blender, mix cottage cheese and chevre.

Combine beans, cheese mixture and almonds; turn into a 2-quart casserole. Top with Parmesan and pepper.

Bake 20 minutes, then brown under broiler 3 minutes.

Nutrition Facts

 **PROTEIN 24.2%**  **FAT 53.86%**  **CARBS 21.94%**

Properties

Glycemic Index:14.67, Glycemic Load:1.58, Inflammation Score:-6, Nutrition Score:10.903913088467%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 156.84kcal (7.84%), Fat: 9.87g (15.18%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 5.86g (2.13%), Sugar: 3.38g (3.75%), Cholesterol: 13.65mg (4.55%), Sodium: 217.24mg (9.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.96%), Vitamin K: 33.08µg (31.51%), Manganese: 0.41mg (20.41%), Phosphorus: 182.8mg (18.28%), Vitamin B2: 0.31mg (18.25%), Vitamin E: 2.67mg (17.81%), Vitamin A: 755.23IU (15.1%), Copper: 0.29mg (14.6%), Calcium: 132.14mg (13.21%), Fiber: 3.19g (12.77%), Magnesium: 49.93mg (12.48%), Vitamin C: 9.22mg (11.18%), Vitamin B6: 0.17mg (8.64%), Iron: 1.53mg (8.49%), Folate: 33.14µg (8.28%), Potassium: 265.2mg (7.58%), Vitamin B1: 0.1mg (6.62%), Selenium: 4.59µg (6.55%), Zinc: 0.91mg (6.04%), Vitamin B3: 0.99mg (4.97%), Vitamin B5: 0.44mg (4.4%), Vitamin B12: 0.18µg (2.98%)