



Three-Ingredient Green Bean Casserole



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



6 slices bacon chopped



30 ounce green beans drained canned



0.5 cup salad dressing french

Equipment



bowl



frying pan



paper towels



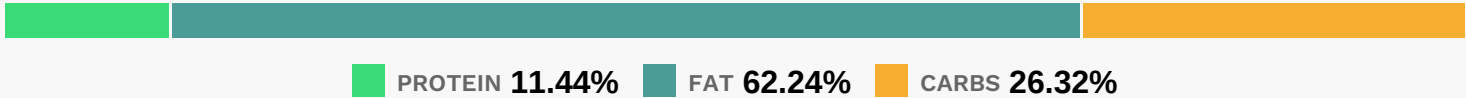
oven

☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease an 8-inch square baking dish.
- ☐ Fry bacon in a large skillet over medium heat until crisp.
- ☐ Drain on paper towels. In a large bowl, stir together the green beans and salad dressing; pour into the prepared dish. Crumble bacon over the top.
- ☐ Bake uncovered for 30 minutes in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:2.78, Inflammation Score:-7, Nutrition Score:11.848260835461%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 182.68kcal (9.13%), Fat: 13.18g (20.27%), Saturated Fat: 3.57g (22.34%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 8.7g (3.17%), Sugar: 6.74g (7.48%), Cholesterol: 14.52mg (4.84%), Sodium: 348.61mg (15.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Vitamin K: 71.92µg (68.49%), Vitamin C: 17.37mg (21.06%), Vitamin A: 993.25IU (19.86%), Manganese: 0.31mg (15.73%), Fiber: 3.83g (15.31%), Vitamin B6: 0.27mg (13.55%), Vitamin B1: 0.18mg (12.06%), Folate: 46.78µg (11.69%), Potassium: 359.1mg (10.26%), Magnesium: 39.06mg (9.76%), Vitamin B3: 1.95mg (9.75%), Vitamin B2: 0.17mg (9.72%), Iron: 1.6mg (8.9%), Phosphorus: 88.48mg (8.85%), Selenium: 5.66µg (8.09%), Vitamin E: 1.1mg (7.36%), Calcium: 56.09mg (5.61%), Copper: 0.11mg (5.54%), Vitamin B5: 0.44mg (4.41%), Zinc: 0.61mg (4.09%), Vitamin B12: 0.11µg (1.83%)