



# Tim's Green Bean Casserole Extraordinaire

 Vegetarian

READY IN



80 min.

SERVINGS



12

CALORIES



249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup butter melted
- 2 cups cornflakes crushed
- 0.3 cup flour all-purpose
- 58 ounce green beans french-style drained canned
- 2 cups cream sour
- 2 cups swiss cheese shredded

## Equipment

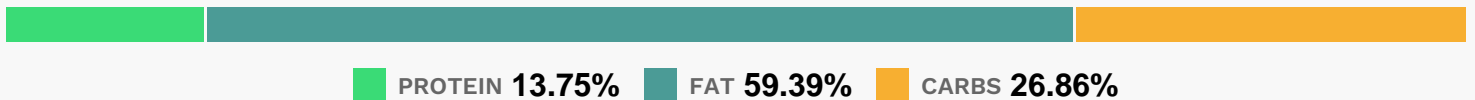
- bowl

- frying pan
- oven
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 1 1/2 quart casserole dish.
- Melt 1/4 cup of butter in a large skillet. Stir flour into the butter to make a paste. Blend sour cream into the flour paste, stirring constantly. When the mixture is hot and bubbly, remove from heat, and stir in Swiss cheese. When the cheese has melted, add the green beans, stirring until they are coated.
- Pour the entire mixture into the prepared casserole dish.
- In a small bowl, mix together the cornflakes and melted butter.
- Sprinkle over the top of the green beans.
- Bake uncovered for 30 minutes in the preheated oven, or until bubbly and golden brown.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:4.2, Inflammation Score:-8, Nutrition Score:15.509130524552%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

## Nutrients (% of daily need)

Calories: 249.16kcal (12.46%), Fat: 17.2g (26.46%), Saturated Fat: 9.66g (60.35%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 13.58g (4.94%), Sugar: 6.23g (6.92%), Cholesterol: 49.52mg (16.51%), Sodium: 117.89mg (5.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.92%), Vitamin K: 60.09µg (57.22%), Vitamin A: 1535.2IU (30.7%), Calcium: 251.37mg (25.14%), Vitamin C: 18.04mg (21.87%), Vitamin B2: 0.35mg (20.4%), Phosphorus: 193.23mg (19.32%), Folate: 70.71µg (17.68%), Manganese: 0.33mg (16.33%), Iron: 2.93mg (16.29%), Fiber: 3.92g (15.7%), Vitamin B6: 0.31mg (15.32%), Vitamin B12: 0.87µg (14.42%), Vitamin B1: 0.21mg (13.68%), Selenium: 8.98µg (12.82%), Magnesium: 46.52mg (11.63%), Potassium: 361.58mg (10.33%), Vitamin B3: 2.04mg (10.22%), Zinc: 1.31mg (8.74%), Vitamin E: 0.93mg (6.22%), Copper: 0.12mg (6.14%), Vitamin B5: 0.54mg (5.42%),

Vitamin D: 0.17µg (1.12%)