

## Ultimate Side Dish

READY IN



50 min.

SERVINGS



6

CALORIES



308 kcal

SIDE DISH

## Ingredients

- 10.8 ounce campbell's® condensed cream of celery soup canned
- 3 tablespoons french-fried onions divided
- 6 servings garlic powder to taste
- 15.5 ounce green beans french-style drained canned
- 1.1 cups milk
- 15 ounce potatoes drained sliced canned
- 6 servings salt and pepper to taste
- 8 ounce bread stuffing mix dry

## Equipment

- oven
- casserole dish
- spatula

## Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place the green beans and potatoes into a 2 quart casserole dish. Stir in the cream of celery soup and milk. Season with salt, pepper, and garlic powder, and stir in 1 tablespoon of the French fried onions.
- Sprinkle the remaining onions on top.
- Bake for 30 minutes in the preheated oven. While the casserole is baking, prepare the stuffing according to package directions.
- Spread over the top of the casserole. I like to mash it flat with a spatula so that it covers the entire dish.
- Return to the oven for about 10 minutes, or until crunchy. You can also broil for a few minutes for extra crunch.

## Nutrition Facts



**PROTEIN 12.26%** **FAT 17.57%** **CARBS 70.17%**

## Properties

Glycemic Index:28.79, Glycemic Load:11.41, Inflammation Score:-7, Nutrition Score:18.012174139852%

## Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

## Nutrients (% of daily need)

Calories: 308.07kcal (15.4%), Fat: 6.11g (9.4%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 54.91g (18.3%), Net Carbohydrates: 49.59g (18.03%), Sugar: 9.03g (10.03%), Cholesterol: 11.46mg (3.82%), Sodium: 1029.37mg (44.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.19%), Vitamin K: 42.14µg (40.13%),

Manganese: 0.62mg (31.22%), Selenium: 21.3µg (30.42%), Vitamin C: 23.03mg (27.92%), Vitamin B1: 0.39mg (26.16%), Folate: 101.44µg (25.36%), Vitamin B6: 0.45mg (22.62%), Fiber: 5.32g (21.28%), Potassium: 700.13mg (20%), Vitamin B2: 0.34mg (19.93%), Phosphorus: 195.39mg (19.54%), Vitamin B3: 3.67mg (18.35%), Iron: 3.17mg (17.62%), Magnesium: 60.07mg (15.02%), Calcium: 147.28mg (14.73%), Copper: 0.29mg (14.55%), Vitamin A: 724.85IU (14.5%), Vitamin B5: 1.19mg (11.85%), Vitamin E: 1.2mg (8%), Zinc: 1.07mg (7.14%), Vitamin B12: 0.27µg (4.58%), Vitamin D: 0.5µg (3.36%)