

Green Bean Casserole

Green bean casserole is a Holiday staple. It's easy to make and can be modified to remove unnecessary sodium and fat. We hope you enjoy this healthier version at your Holiday meals.



Ingredients:

- 1 can Campbell's Healthy Request Cream of Mushroom Soup
- 1/2 cup skim milk
- 1 tsp low sodium soy sauce
- 1 tsp black pepper
- 4 cups cooked, cut green beans- fresh, frozen, or no salt added if canned
- 1/2 cup seasoned bread crumbs
- 1/2 cup sliced almonds

Directions:

1. Stir the soup, milk, soy sauce, and pepper together.
2. Mix in the green beans and pour in casserole dish.
3. Top with bread crumbs then sliced almonds.
4. Bake at 350 degrees for 25 minutes or until hot and bubbling.

Nutrition Facts

Serving Size (73g)
Servings Per Container

Amount Per Serving

Calories 70 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **8%**

 Sugars 2g

Protein 3g

Vitamin A 6% • **Vitamin C 6%**

Calcium 6% • **Iron 4%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutrition facts based on 12 servings.