

Mom's Green Bean Casserole

Yield: 3 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-green-bean-casserole-with-swiss-cheese>

Ingredients:

- 1/2 small yellow onion diced
- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 cup milk I used 1%
- 1/2 cup sour cream
- 2 cans green beans
- 1 cup swiss cheese
- 1/2 cup fried onions

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 75 milligrams
4. Fat: 29 grams
5. Fiber: 9 grams
6. Protein: 19 grams
7. SaturatedFat: 17 grams
8. Sodium: 630 milligrams
9. Sugar: 14 grams

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