

# Swiss Green Beans

Yield: 7 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-green-beans-recipe>

## Ingredients:

- 5 tablespoons butter melted
- 2 tablespoons all-purpose flour
- 2 teaspoons onion grated
- 1 teaspoon white sugar
- 1 teaspoon salt optional
- 1/4 teaspoon ground black pepper or to taste
- 1 cup sour cream
- 8 ounces swiss cheese grated
- 30 ounces green beans drained
- 1 cup crumbs cornflakes cereal

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 75 milligrams
4. Fat: 26 grams
5. Fiber: 4 grams
6. Protein: 13 grams
7. SaturatedFat: 15 grams
8. Sodium: 530 milligrams
9. Sugar: 10 grams

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