

# Southern Green Bean Casserole

Yield: 8 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/west-creek-frozen-southern-green-beans-recipe>

## Ingredients:

- 1 bag green beans frozen, or 2 cans French style
- 1 1/2 tablespoons butter
- 1 1/2 tablespoons flour
- 1 tablespoon sugar
- 2 small onions
- 1/2 teaspoon salt
- 1/2 pint sour cream
- 8 ounces swiss cheese
- 1 cup corn flake crumbs

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 45 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. SaturatedFat: 10 grams
8. Sodium: 380 milligrams
9. Sugar: 4 grams

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