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Vegan Green Bean Casserole ♦♦

A delicious vegan version of the classic green bean casserole. Made with fresh green beans, creamy mushroom sauce, and crispy fried onions.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	fresh green beans
2 c	vegan mushroom soup
2 tbsp	vegan worcestershire sauce
1 tsp	Garlic powder
1 tsp	Onion powder
1 tsp	Salt

0.5 tsp Black pepper

1 c crispy fried onions

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blanching

Trim the ends of the green beans and blanch them in boiling water for 5 minutes. Drain and set aside.

Prep Time: 10 mins

Cook Time: 5 mins

Step 3

Mixing

In a large mixing bowl, combine the vegan mushroom soup, vegan Worcestershire sauce, garlic powder, onion powder, salt, and black pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stirring

Add the blanched green beans to the mushroom sauce mixture and stir until well coated.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Preparation

Transfer the green bean mixture to a casserole dish and spread it evenly. Top with crispy fried onions.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Bake in the preheated oven for 25-30 minutes, or until the green beans are tender and the onions are golden brown.

Prep Time: 0 mins

Cook Time: 25 mins

Step 7

Resting

Remove from the oven and let it rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 5 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Blender

Diet

Anti-Inflammatory Diet

Volumetrics Diet

Ketogenic Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Course

Drinks

Salads

Snacks

Cultural

Chinese New Year

Diwali

Christmas

Halloween

Cost

\$10 to \$20

\$30 to \$40

Demographics

Senior Friendly

Meal Type

Brunch

Supper

Difficulty Level

Medium

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