

Green Beans A' La Lemon

Mrs. Jo Eva Hannaman

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 6

2 tablespoons butter
1 tablespoon parsley flakes
1/3 cup onion, chopped
2 tablespoons flour
1 teaspoon salt
1/4 teaspoon garlic salt
1/2 teaspoon pepper
dash red pepper
1 teaspoon grated lemon peel
1 cup sour cream
2 cans (16 ounce ea) French-style
green beans, drained
bread crumbs (optional)
crumbled bacon (optional)

Preheat the oven to 350 degrees.

In a bowl, melt the butter. Add the parsley and onions. Blend in the flour. Add the salt, garlic salt, red pepper, pepper, lemon peel and sour cream

In a bowl, stir the mixture into the beans. Pour the beans into a two-quart casserole. Top with bread crumbs and bacon, if desired. Dot with butter.

Bake until brown and bubbly.

This dish freezes well.

Per Serving (excluding unknown items): 139 Calories; 12g Fat (75.1% calories from fat); 2g Protein; 7g Carbohydrate; trace Dietary Fiber; 27mg Cholesterol; 501mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	139
% Calories from Fat:	75.1%
% Calories from Carbohydrates:	19.2%
% Calories from Protein:	5.7%
Total Fat (g):	12g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	27mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Carbohydrate (g):	7g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	501mg
Potassium (mg):	133mg
Calcium (mg):	67mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	5mg
Vitamin A (i.u.):	599IU
Vitamin A (r.e.):	142RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	139	Calories from Fat: 104
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% Daily Values*

Total Fat	12g	18%
Saturated Fat	7g	37%
Cholesterol	27mg	9%
Sodium	501mg	21%
Total Carbohydrates	7g	2%
Dietary Fiber	trace	1%
Protein	2g	

Vitamin A	12%
Vitamin C	8%
Calcium	7%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.