



Baked Cheese-Stuffing Casserole

READY IN



35 min.

SERVINGS



8

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup four cheese shredded mexican style divided kraft finely
- 1 eggs beaten
- 1 Tbsp butter
- 6 oz stove top savory herbs stuffing mix
- 2 cups water

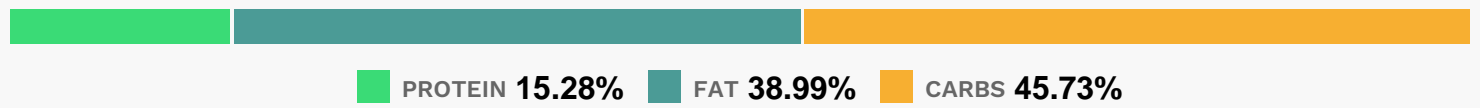
Equipment

- sauce pan
- oven

Directions

- Heat oven to 375F.
- Bring water and margarine to boil in large saucepan. Stir in stuffing mix; cover.
- Remove from heat; let stand 5 min.
- Add egg and 1/2 cup cheese; mix well.
- Spoon into 9-inch pie plate sprayed with cooking spray; top with remaining cheese.
- Bake 20 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:5.0800000416196%

Nutrients (% of daily need)

Calories: 145.74kcal (7.29%), Fat: 6.26g (9.63%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 15.84g (5.76%), Sugar: 1.81g (2.02%), Cholesterol: 31.27mg (10.42%), Sodium: 395.29mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.03%), Selenium: 14.89µg (21.27%), Folate: 40.55µg (10.14%), Calcium: 100.9mg (10.09%), Vitamin B2: 0.16mg (9.32%), Phosphorus: 89.79mg (8.98%), Vitamin B1: 0.13mg (8.81%), Manganese: 0.13mg (6.44%), Vitamin B3: 1.24mg (6.18%), Iron: 0.92mg (5.13%), Zinc: 0.66mg (4.42%), Vitamin A: 198.87IU (3.98%), Copper: 0.07mg (3.38%), Magnesium: 12.67mg (3.17%), Vitamin B12: 0.17µg (2.79%), Fiber: 0.68g (2.72%), Vitamin B6: 0.05mg (2.46%), Vitamin B5: 0.21mg (2.14%), Potassium: 68.79mg (1.97%), Vitamin E: 0.27mg (1.81%), Vitamin D: 0.17µg (1.16%)