



California Vegetable Bake

READY IN



45 min.

SERVINGS



10

CALORIES



406 kcal

SIDE DISH

Ingredients

- 0.5 cup butter melted
- 1 sleeve buttery round crackers crushed ritz® (such as)
- 40 ounce california-blend vegetables frozen
- 1 cup mayonnaise
- 1 cup onion chopped
- 1 cup cheddar cheese shredded
- 1 cup cup heavy whipping cream sour

Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil.
- Add frozen vegetables, cover, and steam until tender, 4 to 6 minutes.
- Transfer vegetables to a baking dish.
- Mix mayonnaise, sour cream, onion, and Cheddar cheese in a bowl; pour over vegetables. Stir crackers and melted butter in another bowl and sprinkle over vegetables.
- Bake in the preheated oven until golden brown and bubbly, about 30 minutes.

Nutrition Facts

PROTEIN 7.16% **FAT 75.22%** **CARBS 17.62%**

Properties

Glycemic Index:19.9, Glycemic Load:5.3, Inflammation Score:-10, Nutrition Score:14.088260826857%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 405.79kcal (20.29%), Fat: 34.94g (53.75%), Saturated Fat: 13.08g (81.76%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 13.61g (4.95%), Sugar: 1.66g (1.84%), Cholesterol: 58.68mg (19.56%), Sodium: 352.84mg (15.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.96%), Vitamin A: 6313.39IU (126.27%), Vitamin K: 38.14µg (36.32%), Fiber: 4.81g (19.26%), Vitamin C: 13.18mg (15.98%), Manganese: 0.3mg (15.21%), Phosphorus: 149.03mg (14.9%), Calcium: 140.13mg (14.01%), Vitamin B2: 0.2mg (11.65%), Vitamin B1: 0.16mg (10.51%), Folate: 41.35µg (10.34%), Potassium: 308.78mg (8.82%), Magnesium: 34.67mg (8.67%), Vitamin E: 1.18mg (7.89%), Selenium: 5.22µg (7.46%), Vitamin B3: 1.49mg (7.42%), Vitamin B6: 0.15mg (7.38%), Zinc: 1.07mg (7.16%),

Iron: 1.21mg (6.71%), Copper: 0.12mg (6.21%), Vitamin B5: 0.38mg (3.81%), Vitamin B12: 0.21 μ g (3.57%)