



Cheesy Creamed Spinach Casserole

READY IN



35 min.

SERVINGS



10

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 ounce onion soup mix dry
- 20 ounce pkt spinach frozen cooked chopped
- 0.5 cup cheddar cheese shredded
- 2 cups cup heavy whipping cream sour

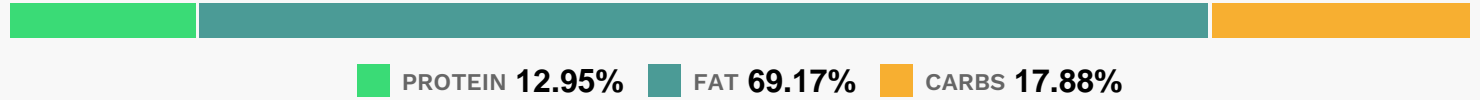
Equipment

- oven
- mixing bowl
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.
- Drain spinach. In a medium mixing bowl combine spinach, soup mix and sour cream. Spoon into greased casserole dish and top with cheese.
- Bake in preheated oven about 25 minutes, or until heated through.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:16.176521824106%

Nutrients (% of daily need)

Calories: 138.88kcal (6.94%), Fat: 11.18g (17.2%), Saturated Fat: 5.76g (35.98%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 4.67g (1.7%), Sugar: 2.09g (2.32%), Cholesterol: 32.79mg (10.93%), Sodium: 320.84mg (13.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Vitamin K: 211.79µg (201.7%), Vitamin A: 6992.15IU (139.84%), Folate: 86.16µg (21.54%), Manganese: 0.42mg (21.18%), Calcium: 163.6mg (16.36%), Vitamin B2: 0.24mg (13.94%), Magnesium: 50.35mg (12.59%), Vitamin E: 1.87mg (12.43%), Selenium: 6.84µg (9.78%), Phosphorus: 94.6mg (9.46%), Potassium: 278.47mg (7.96%), Fiber: 1.83g (7.33%), Vitamin B6: 0.14mg (6.84%), Iron: 1.15mg (6.38%), Copper: 0.1mg (5.09%), Vitamin B1: 0.07mg (4.8%), Zinc: 0.71mg (4.72%), Vitamin C: 3.63mg (4.4%), Vitamin B12: 0.16µg (2.61%), Vitamin B5: 0.26mg (2.55%), Vitamin B3: 0.37mg (1.87%)