



Cheesy Harvest Vegetables

READY IN



70 min.

SERVINGS



10

CALORIES



215 kcal

SIDE DISH

Ingredients

- 8 round buttery crackers crushed
- 8 oz philadelphia cream cheese cubed
- 0.1 tsp ground nutmeg
- 3 cups milk
- 1 cup parmesan cheese shredded kraft
- 2 lb fall vegetables mixed peeled cut into 1-inch cubes (butternut squash, carrots, parsnips, sweet potatoes and turnips)

Equipment

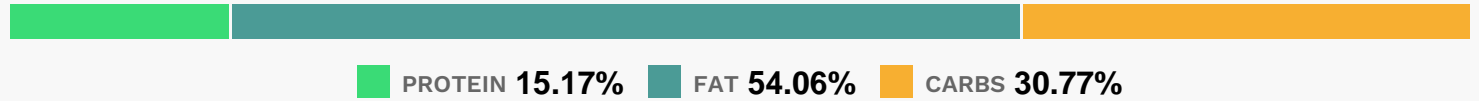
- sauce pan

oven

Directions

- Heat oven to 350F.
- Bring vegetables and milk in large saucepan to boil on medium-high heat; simmer on medium-low heat 20 min. or until vegetables are tender, stirring occasionally.
- Add cream cheese; cook until cream cheese is completely melted and mixture is well blended, stirring frequently. Stir in Parmesan and nutmeg.
- Spoon into 2-qt. casserole sprayed with cooking spray; sprinkle with cracker crumbs.
- Bake 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:16.2, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:13.956956552423%

Nutrients (% of daily need)

Calories: 215.27kcal (10.76%), Fat: 13.38g (20.59%), Saturated Fat: 7.74g (48.38%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 15.26g (5.55%), Sugar: 6.65g (7.39%), Cholesterol: 38.49mg (12.83%), Sodium: 284.03mg (12.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.91%), Vitamin A: 10144.67IU (202.89%), Calcium: 277.73mg (27.77%), Vitamin C: 19.05mg (23.09%), Phosphorus: 204.15mg (20.41%), Potassium: 471.22mg (13.46%), Vitamin B2: 0.21mg (12.41%), Magnesium: 46.58mg (11.64%), Vitamin E: 1.64mg (10.96%), Vitamin B6: 0.21mg (10.38%), Manganese: 0.2mg (10.22%), Vitamin B1: 0.15mg (10.1%), Vitamin B12: 0.57µg (9.42%), Selenium: 6.16µg (8.79%), Vitamin B5: 0.82mg (8.19%), Fiber: 1.88g (7.5%), Folate: 28.98µg (7.25%), Vitamin B3: 1.33mg (6.65%), Vitamin D: 0.86µg (5.7%), Zinc: 0.84mg (5.6%), Iron: 0.85mg (4.72%), Copper: 0.08mg (3.83%), Vitamin K: 3.06µg (2.92%)