



Connoisseur's Casserole

READY IN



65 min.

SERVINGS



8

CALORIES



276 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 tablespoons butter
- 1 cup buttery round crackers crushed
- 0.5 cup celery chopped
- 0.5 cup colby cheese shredded
- 10.8 ounce campbell's® condensed cream of celery soup canned
- 15 ounce green beans drained canned
- 0.5 cup onion chopped
- 0.5 teaspoon pepper
- 2 ounce pimento peppers chopped

- 0.5 teaspoon salt
- 0.5 cup slivered almonds
- 0.5 cup cup heavy whipping cream sour
- 11 ounce regular corn white drained canned

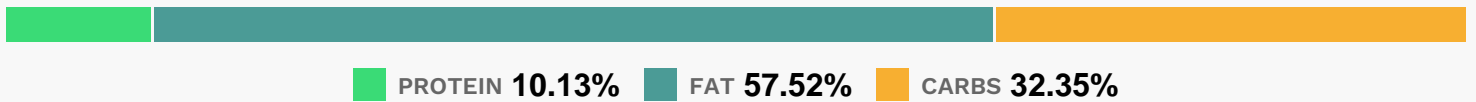
Equipment

- bowl
- sauce pan
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, mix white corn, green beans, celery, onion, pimento peppers, sour cream, Colby cheese, cream of celery soup, salt, and pepper.
- Transfer to a 1 1/2 quart casserole dish.
- Melt butter in a small saucepan over medium heat, and stir in slivered almonds and crushed crackers.
- Sprinkle over the casserole.
- Bake for 45 minutes in the preheated oven, or until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.48, Inflammation Score:-7, Nutrition Score:12.788261065017%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 276.04kcal (13.8%), Fat: 18.64g (28.68%), Saturated Fat: 7.92g (49.53%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 19.39g (7.05%), Sugar: 7.45g (8.27%), Cholesterol: 35.56mg (11.85%), Sodium: 518.46mg (22.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.77%), Vitamin K: 37.06µg (35.3%), Manganese: 0.51mg (25.7%), Vitamin C: 17.41mg (21.11%), Vitamin A: 1038.93IU (20.78%), Vitamin E: 3.09mg (20.62%), Phosphorus: 176.84mg (17.68%), Fiber: 4.2g (16.79%), Vitamin B2: 0.26mg (15.11%), Calcium: 141.02mg (14.1%), Magnesium: 53.06mg (13.26%), Potassium: 382.63mg (10.93%), Folate: 41.72µg (10.43%), Iron: 1.81mg (10.03%), Copper: 0.2mg (9.95%), Vitamin B1: 0.15mg (9.76%), Vitamin B6: 0.19mg (9.52%), Vitamin B3: 1.86mg (9.31%), Vitamin B5: 0.93mg (9.25%), Zinc: 0.99mg (6.6%), Selenium: 3.83µg (5.47%), Vitamin B12: 0.13µg (2.1%)