

SIDE DISH

Creamed Cabbage Casserole

17 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
70 min	10 min	60 min	9	\$0.45	138 kcal

Creamed Cabbage Casserole requires about 1 hour and 10 minutes from start to finish. This recipe makes 9 servings with 138 calories, 6g of protein, and 6g of fat each. For 45 cents per serving, this recipe covers 9% of your daily requirements of vitamins and minerals. Only a few people really liked...

Ingredients

☐ ¼ teaspoon black pepper	☐ 1 tablespoon butter
☐ ½ cup crushed reduced-fat round buttery crackers (about 11; such as Ritz)	☐ 12 ounce evaporated fat-free milk canned
☐ 1 cup fat-free milk	☐ 1/3 cup all-purpose flour
☐ 2 garlic cloves, minced and divided	☐ 8 cups (1-inch) diced green cabbage (about 2 heads)
☐ 1.3 ounces 1/3 cup shredded Gruyère cheese	☐ ½ teaspoon salt

EQUIPMENT Bowl, Frying pan, Sauce pan, Oven, Knife, Whisk, Plastic wrap, Baking pan, Microwave, Measuring cup

Method

- 1 Place cabbage in a large microwave-safe bowl; cover with water (about 8 cups). Cover bowl loosely with plastic wrap. Microwave at HIGH 8 1/2 minutes or until cabbage is tender; drain.
- 2 Preheat oven to 37
- 3 Lightly spoon flour into a dry measuring cup; level with a knife.

- 4 Combine flour and milks in a small saucepan. Stir with a whisk. Bring to a simmer over medium heat, and cook 2 minutes, stirring constantly with whisk.
- 5 Remove from heat.
- 6 Add 1 minced garlic clove, salt, pepper, and cheese to pan, and stir until cheese melts.
- 7 Pour milk mixture over cabbage, tossing gently to coat.
- 8 Pour cabbage mixture into an 11 x 7-inch baking dish coated with cooking spray.
- 9 Place butter and remaining minced garlic clove in a microwave-safe bowl. Microwave on HIGH 25 seconds or until butter melts; stir in crackers.
- 10 Sprinkle crumb mixture evenly over cabbage mixture.
- 11 Bake at 375 for 45 minutes or until edges are golden and top is set.
- 12 Let stand 8 minutes before serving.

Nutrition per serving

	138 KCAL	6 g PROTEIN	6 g FAT	15 g CARBS
Saturated Fat				3.5 g · 22% of daily needs
Fibre				1.8 g · 7% of daily needs
Sugar				7.5 g · 8% of daily needs
Sodium				260 mg · 11% of daily needs
Cholesterol				19.6 mg · 7% of daily needs
Vitamin C				23.7 mg · 29% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/creamed-cabbage-casserole-143243