



Creamed Onion Bake

READY IN



40 min.

SERVINGS



6

CALORIES



320 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned (Regular or)
- 2 tablespoons parsley fresh chopped
- 0.3 cup milk
- 3 large onions sliced cut in half and
- 1 cup peas frozen
- 1 cup cheddar cheese shredded
- 1.5 cups cornbread stuffing pepperidge farm®

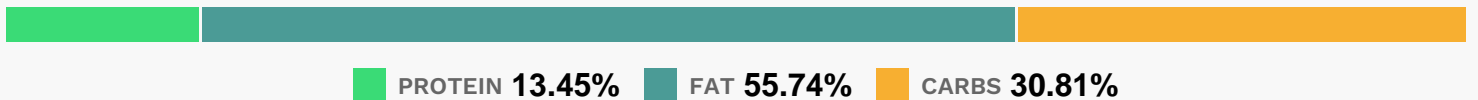
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Heat half the butter in a 1-quart saucepan over medium heat until melted.
- Remove the saucepan from the heat.
- Add the stuffing and parsley and mix lightly.
- Heat the remaining butter in a 10-inch skillet over medium heat.
- Add the onions and cook until tender, stirring occasionally. Stir the soup, milk and peas in the skillet.
- Spoon the soup mixture into a 2-quart shallow baking dish.
- Sprinkle with the cheese and the stuffing mixture.
- Bake at 350 degrees F for 30 minutes or until the mixture is hot and bubbling.

Nutrition Facts



Properties

Glycemic Index:36.39, Glycemic Load:2.8, Inflammation Score:-8, Nutrition Score:13.988260797832%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 320.29kcal (16.01%), Fat: 20.1g (30.92%), Saturated Fat: 10.19g (63.71%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 20.75g (7.55%), Sugar: 6.17g (6.86%), Cholesterol: 42.93mg (14.31%), Sodium: 792.43mg (34.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.83%), Selenium: 31.33µg (44.76%), Vitamin K: 36.15µg (34.43%), Manganese: 0.44mg (21.86%), Vitamin C: 16.99mg (20.59%), Calcium: 191.09mg (19.11%), Phosphorus: 183.15mg (18.31%), Vitamin A: 896.74IU (17.93%), Fiber: 4.25g (16.99%), Folate: 59.28µg (14.82%), Vitamin B2: 0.24mg (13.98%), Vitamin B1: 0.19mg (12.65%), Zinc: 1.88mg (12.54%), Copper: 0.22mg (10.88%), Vitamin B6: 0.19mg (9.59%), Vitamin B3: 1.83mg (9.14%), Potassium: 308.87mg (8.82%), Iron: 1.53mg (8.49%), Magnesium: 32.19mg (8.05%), Vitamin E: 1.12mg (7.48%), Vitamin B12: 0.36µg (5.95%), Vitamin B5: 0.39mg (3.86%), Vitamin D: 0.22µg (1.5%)