



Creamy Spinach Casserole

READY IN



45 min.

SERVINGS



10

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 tablespoons butter
- 10.8 ounce campbell's® condensed cream of celery soup canned
- 1 tablespoon flour all-purpose
- 20 ounce pkt spinach frozen thawed drained chopped
- 0.5 teaspoon garlic salt
- 1 onion diced finely
- 10 servings salt and pepper to taste

Equipment

sauce pan

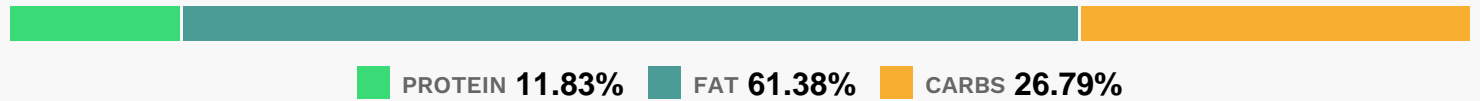
whisk

Directions

In a saucepan, combine celery soup, flour, butter or margarine, garlic salt, salt and pepper, spinach and onion.

Whisk together and cook over medium heat until hot and thick.

Nutrition Facts



Properties

Glycemic Index:15.2, Glycemic Load:0.64, Inflammation Score:-10, Nutrition Score:15.292173960935%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 85.67kcal (4.28%), Fat: 6.24g (9.6%), Saturated Fat: 3.25g (20.3%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 4.1g (1.49%), Sugar: 1.25g (1.39%), Cholesterol: 15.39mg (5.13%), Sodium: 545.74mg (23.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Vitamin K: 216.6µg (206.29%), Vitamin A: 6874.64IU (137.49%), Manganese: 0.48mg (24.01%), Folate: 86.45µg (21.61%), Vitamin E: 2.2mg (14.67%), Magnesium: 45.43mg (11.36%), Calcium: 87.07mg (8.71%), Vitamin B2: 0.15mg (8.67%), Fiber: 2.03g (8.14%), Iron: 1.29mg (7.14%), Potassium: 244.32mg (6.98%), Selenium: 4.32µg (6.17%), Copper: 0.12mg (6.08%), Vitamin B6: 0.11mg (5.71%), Vitamin C: 3.99mg (4.84%), Vitamin B1: 0.07mg (4.77%), Phosphorus: 42.27mg (4.23%), Vitamin B5: 0.36mg (3.57%), Zinc: 0.38mg (2.56%), Vitamin B3: 0.43mg (2.14%)