



Creamy Vegetable Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 16 ounce cauliflower frozen thawed
- ☐ 10.8 ounce cream of chicken soup undiluted canned
- ☐ 10.8 ounce cream of broccoli soup undiluted canned
- ☐ 0.5 teaspoon pepper
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 4 ounces swiss cheese shredded
- ☐ 20 ounce rice wild frozen with french-style green beans, thawed white

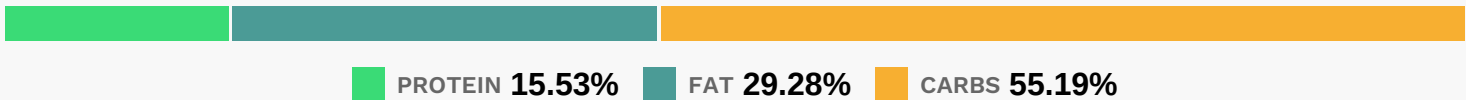
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine first 7 ingredients; spoon into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 20 minutes; sprinkle with sliced almonds, and bake 20 more minutes or until top is bubbly.
- ☐ NOTE: 1 (10-ounce) cans chunk white chicken, drained, may be added. For frozen mixed vegetables, we used Birds Eye Farm Fresh
- ☐ Mixtures; for frozen rice and green beans, we used Green Giant.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:29.08, Inflammation Score:-7, Nutrition Score:21.614347955455%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 452.75kcal (22.64%), Fat: 15.17g (23.34%), Saturated Fat: 6.75g (42.21%), Carbohydrates: 64.33g (21.44%), Net Carbohydrates: 58.26g (21.18%), Sugar: 4.8g (5.33%), Cholesterol: 34.86mg (11.62%), Sodium: 554.93mg (24.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.11g (36.21%), Manganese: 1.26mg (62.77%), Phosphorus: 474.67mg (47.47%), Magnesium: 151.35mg (37.84%), Zinc: 5.48mg (36.55%), Vitamin C: 27.62mg

(33.48%), Copper: 0.56mg (28.07%), Vitamin B3: 5.51mg (27.56%), Folate: 105.44µg (26.36%), Fiber: 6.07g (24.29%), Vitamin B2: 0.37mg (21.87%), Vitamin B6: 0.42mg (20.94%), Calcium: 201.86mg (20.19%), Potassium: 600.59mg (17.16%), Vitamin B5: 1.65mg (16.5%), Selenium: 9.21µg (13.16%), Iron: 2.33mg (12.96%), Vitamin K: 12.94µg (12.33%), Vitamin E: 1.79mg (11.93%), Vitamin B1: 0.14mg (9.25%), Vitamin B12: 0.5µg (8.38%), Vitamin A: 403.68IU (8.07%)