



Creamy Vegetable Medley

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



242 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 16 ounce broccoli frozen
- 10.8 ounce cream of mushroom soup canned
- 2.8 ounce fried onions divided
- 1 cup cheddar cheese shredded divided
- 0.3 cup cream sour

Equipment

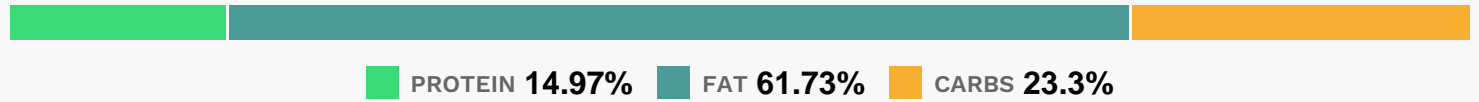
- bowl

oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cook vegetables according to package directions; drain. In a large bowl combine vegetables, mushroom soup, 1/2 cup cheese, sour cream, 1/2 can fried onions and pepper.
- Transfer to a deep pie plate.
- Bake in preheated oven for 30 minutes.
- Sprinkle with remaining cheese and fried onions; bake 5 minutes longer.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:14.924347690914%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 241.72kcal (12.09%), Fat: 16.81g (25.87%), Saturated Fat: 8.36g (52.22%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 12.19g (4.43%), Sugar: 1.78g (1.98%), Cholesterol: 28.91mg (9.64%), Sodium: 622.42mg (27.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.18g (18.35%), Vitamin C: 67.55mg (81.88%), Vitamin K: 77.89µg (74.18%), Calcium: 183.99mg (18.4%), Manganese: 0.33mg (16.25%), Phosphorus: 160.72mg (16.07%), Vitamin A: 739.75IU (14.8%), Folate: 55.92µg (13.98%), Vitamin B2: 0.22mg (13.15%), Selenium: 7.7µg (11%), Zinc: 1.6mg (10.69%), Potassium: 334.47mg (9.56%), Vitamin B6: 0.17mg (8.55%), Fiber: 2.09g (8.35%), Copper: 0.15mg (7.41%), Vitamin B5: 0.65mg (6.52%), Magnesium: 25.94mg (6.48%), Iron: 0.95mg (5.3%), Vitamin E: 0.78mg (5.2%), Vitamin B12: 0.31µg (5.13%), Vitamin B3: 0.96mg (4.81%), Vitamin B1: 0.07mg (4.8%)