



## Crowd-Pleasing Vegetable Casserole

 Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



250 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 26 ounces cream of mushroom soup fat free 98% canned (Regular or )
- ☐ 5.6 ounces fried onions french canned ( )
- ☐ 0.3 teaspoon pepper black
- ☐ 0.7 cup cream sour
- ☐ 6 ounces swiss cheese shredded
- ☐ 32 ounces savory vegetable frozen cooked drained (broccoli, cauliflower, carrots)

### Equipment

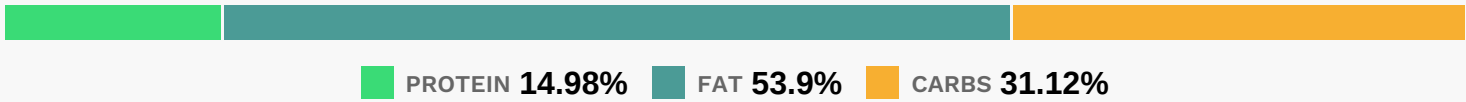
- ☐ oven

☐ baking pan

## Directions

- ☐ Stir the soup, 1 cup cheese, sour cream, black pepper, vegetables and 1 can onions in a 3-quart shallow baking dish.
- ☐ Bake at 400°F. for 20 minutes or until the vegetable mixture is hot and bubbling. Stir the vegetable mixture.
- ☐ Sprinkle with the cheese and remaining onions.
- ☐ Bake for 5 minutes or until the onions are golden brown.

## Nutrition Facts



## Properties

Glycemic Index:8.67, Glycemic Load:3.28, Inflammation Score:-10, Nutrition Score:11.055652268555%

## Nutrients (% of daily need)

Calories: 249.65kcal (12.48%), Fat: 15.17g (23.34%), Saturated Fat: 7.43g (46.46%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 16.55g (6.02%), Sugar: 0.44g (0.48%), Cholesterol: 23.79mg (7.93%), Sodium: 611.42mg (26.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.97%), Vitamin A: 4036.39IU (80.73%), Manganese: 0.38mg (18.81%), Calcium: 160.6mg (16.06%), Phosphorus: 153.56mg (15.36%), Fiber: 3.16g (12.63%), Zinc: 1.68mg (11.19%), Copper: 0.2mg (10.13%), Vitamin B2: 0.17mg (9.74%), Vitamin C: 7.98mg (9.67%), Vitamin B12: 0.55µg (9.22%), Vitamin B3: 1.52mg (7.6%), Potassium: 264.25mg (7.55%), Vitamin B1: 0.11mg (7.25%), Selenium: 5.04µg (7.21%), Magnesium: 28.47mg (7.12%), Folate: 28.27µg (7.07%), Iron: 1.18mg (6.55%), Vitamin B6: 0.11mg (5.62%), Vitamin B5: 0.34mg (3.44%)