



Easy Cabbage Casserole

READY IN

ready

75 min.

SERVINGS

servings

8

CALORIES

calories

284 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 small head cabbage shredded
- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 1.5 cups italian-seasoned bread crumbs
- ☐ 1 large onion thinly sliced
- ☐ 2 cups cheddar cheese shredded

Equipment

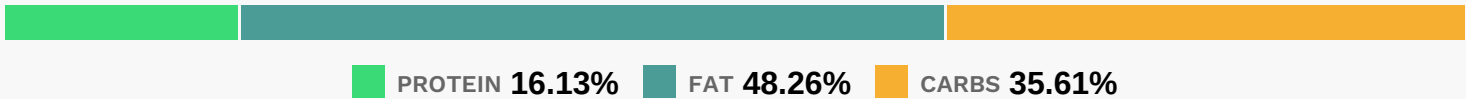
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix cabbage, Cheddar cheese, onion, cream of celery soup, and butter in a large bowl.
- ☐ Mixture will be dry.
- ☐ Transfer to a large baking dish, spreading vegetables evenly; sprinkle with breadcrumbs. Cover baking dish with aluminum foil.
- ☐ Baked in preheated oven for 45 minutes and remove foil. Continue baking until bubbly and lightly browned, about 15 minutes more.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:1.87, Inflammation Score:-7, Nutrition Score:16.776087133781%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 283.77kcal (14.19%), Fat: 15.48g (23.82%), Saturated Fat: 8g (50.01%), Carbohydrates: 25.71g (8.57%), Net Carbohydrates: 21.83g (7.94%), Sugar: 5.55g (6.17%), Cholesterol: 40.19mg (13.4%), Sodium: 721.24mg (31.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.29%), Vitamin K: 85.73µg (81.65%), Vitamin C: 34.74mg (42.11%), Calcium: 293.72mg (29.37%), Manganese: 0.47mg (23.37%), Phosphorus: 210.12mg (21.01%), Selenium: 14.63µg (20.91%), Vitamin B1: 0.3mg (19.76%), Folate: 75.51µg (18.88%), Vitamin B2: 0.27mg (16.16%), Fiber: 3.88g (15.52%), Vitamin A: 609.22IU (12.18%), Zinc: 1.6mg (10.67%), Iron: 1.8mg (10.01%), Vitamin B6: 0.2mg (9.75%), Vitamin B3: 1.73mg (8.67%), Potassium: 291mg (8.31%), Vitamin B5: 0.82mg (8.23%), Magnesium: 32.54mg (8.13%), Vitamin E: 1.02mg (6.79%), Vitamin B12: 0.4µg (6.66%), Copper: 0.13mg (6.58%), Vitamin D: 0.17µg (1.13%)