




 **19%**
HEALTH SCORE

Garden Pea Casserole

READY IN

45 min.

SERVINGS

6

CALORIES

478 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

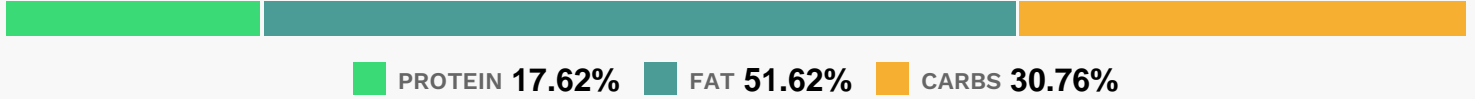
Ingredients

- 2 cups water chestnuts
- 6 servings breadcrumbs
- 1 can cream of chicken soup
- 4 hardboiled eggs
- 0.3 cup butter melted
- 2 cups mushrooms chopped
- 2 cups mushrooms chopped
- 1 onion chopped
- 2 cups peas green canned

2 cups sharp cheddar cheese shredded

Equipment

Nutrition Facts



Properties

Glycemic Index:34.22, Glycemic Load:4.52, Inflammation Score:-8, Nutrition Score:23.055217391304%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 477.93kcal (23.9%), Fat: 27.92g (42.95%), Saturated Fat: 10.98g (68.6%), Carbohydrates: 37.44g (12.48%), Net Carbohydrates: 30.34g (11.03%), Sugar: 9.07g (10.08%), Cholesterol: 166.07mg (55.36%), Sodium: 822.31mg (35.75%), Protein: 21.44g (42.88%), Selenium: 32.15µg (45.94%), Vitamin B2: 0.76mg (44.64%), Phosphorus: 399.44mg (39.94%), Calcium: 333.96mg (33.4%), Vitamin C: 23.61mg (28.62%), Fiber: 7.09g (28.38%), Vitamin A: 1351.71IU (27.03%), Copper: 0.52mg (26.03%), Manganese: 0.51mg (25.6%), Vitamin B3: 4.67mg (23.35%), Zinc: 3.43mg (22.88%), Vitamin B1: 0.34mg (22.59%), Vitamin B6: 0.44mg (21.82%), Folate: 86.95µg (21.74%), Iron: 3.57mg (19.85%), Vitamin B5: 1.98mg (19.8%), Potassium: 606.32mg (17.32%), Vitamin K: 16.03µg (15.27%), Vitamin B12: 0.84µg (13.99%), Magnesium: 49.69mg (12.42%), Vitamin E: 1.86mg (12.41%), Vitamin D: 1.09µg (7.25%)