



 **83%**
HEALTH SCORE

Invent Your Own Casserole

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1591 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup bell pepper chopped
- 10 ounce cut broccoli frozen
- 29 ounce tomatoes diced italian-style undrained canned
- 4.5 ounce chiles green chopped canned
- 3 ounce mushrooms drained sliced canned
- 0.3 cup celery chopped
- 10.8 ounce condensed cream of cheddar cheese soup undiluted canned
- 2 cups meat from a rotisserie chicken cooked chopped

- 2 cups ham cooked chopped
- 10 ounce kernel corn whole frozen
- 8 ounce carton cream sour
- 10.8 ounce cream of celery soup undiluted canned
- 10.8 ounce cream of chicken soup undiluted canned
- 10.8 ounce cream of mushroom soup undiluted canned
- 0.5 cup breadcrumbs dry fine
- 2 cups elbow macaroni uncooked
- 10 ounce pkt spinach frozen thawed chopped
- 2 garlic cloves minced
- 10 ounce green beans frozen italian
- 1 pound ground beef drained
- 1 cup milk
- 0.3 cup olives ripe sliced
- 0.3 cup onion chopped
- 0.5 cup parmesan cheese grated
- 10 ounce peas frozen english
- 1 teaspoon pepper
- 1 cup rice uncooked
- 1 teaspoon salt
- 3 cups shells uncooked
- 2 ounces mozzarella cheese shredded
- 12 ounce solid tuna white flaked drained canned
- 16 ounce baby squash yellow frozen sliced
- 2 ounces swiss cheese shredded
- 1.3 ounce taco seasoning
- 2 cups turkey cooked chopped
- 1 cup water
- 4 cups wide egg noodles uncooked

Equipment

- oven
- baking pan

Directions

- Combine 1 (8-ounce) carton sour cream, 1 cup milk, 1 cup water, 1 teaspoon salt and 1 teaspoon pepper with Sauce Maker (omit sour cream and milk when using tomatoes). Stir in Pasta/Rice, Frozen Vegetable, Fish/Meat/Poultry, and if desired, Extras.
- Spoon casserole mixture into a lightly greased 13- x 9- x 2-inch baking dish; sprinkle with your choice of toppings.
- Cover and bake casserole at 350 for 1 hour and 10 minutes; uncover and bake 10 additional minutes.
- Chicken Casserole: Cream of chicken soup, broccoli, rice, chicken, Parmesan cheese, and breadcrumbs.
- Ham Casserole: Cream of celery soup, Italian green beans, wide egg noodles, ham, garlic, and 2 portions Swiss cheese.
- Turkey Casserole: Italian-style diced tomatoes, spinach, medium pasta shells, turkey, onion, garlic, mozzarella cheese, and breadcrumbs.
- Vegetarian Casserole: Italian-style diced tomatoes, yellow squash, rice, olives, 4 portions celery, 4 portions bell pepper, garlic, parmesan cheese, and breadcrumbs.

Nutrition Facts



Properties

Glycemic Index:98.25, Glycemic Load:44.07, Inflammation Score:-10, Nutrition Score:71.638695924178%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.92mg, Quercetin: 4.92mg,

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Nutrients (% of daily need)

Calories: 1591.1kcal (79.56%), Fat: 55.11g (84.78%), Saturated Fat: 21.07g (131.68%), Carbohydrates: 177.04g (59.01%), Net Carbohydrates: 160.31g (58.29%), Sugar: 21.13g (23.48%), Cholesterol: 250.03mg (83.34%), Sodium: 3777.58mg (164.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 96.53g (193.06%), Vitamin K: 280.07µg (266.73%), Selenium: 180.33µg (257.62%), Vitamin A: 8672.95IU (173.46%), Vitamin C: 123.89mg (150.17%), Manganese: 2.96mg (147.9%), Phosphorus: 1268.8mg (126.88%), Vitamin B3: 22.24mg (111.19%), Vitamin B6: 1.9mg (94.76%), Zinc: 11.87mg (79.15%), Vitamin B12: 4.47µg (74.51%), Potassium: 2586.85mg (73.91%), Vitamin B2: 1.25mg (73.49%), Magnesium: 272.35mg (68.09%), Folate: 269.16µg (67.29%), Fiber: 16.73g (66.93%), Iron: 11.91mg (66.17%), Vitamin B1: 0.96mg (63.84%), Copper: 1.26mg (63.13%), Calcium: 610.37mg (61.04%), Vitamin B5: 4.46mg (44.64%), Vitamin E: 5.67mg (37.81%), Vitamin D: 1.94µg (12.93%)