



Layered Meatball Bake

READY IN



35 min.

SERVINGS



35

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup milk cheddar cheese shredded 2% kraft
- 10 oz cream of mushroom soup reduced-fat reduced-sodium canned
- 12 oz meatballs frozen fully cooked
- 0.3 cup milk
- 2 cups peas frozen
- 6 oz stove top stuffing mix for chicken

Equipment

- oven

baking pan

Directions

Heat oven to 400F.

Prepare stuffing as directed on package, using the Light Prep directions.

Mix soup and milk in 13x9-inch baking dish sprayed with cooking spray. Stir in meatballs and peas; top with cheese and stuffing.

Bake 20 to 25 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:3.12, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:3.1986956544544%

Nutrients (% of daily need)

Calories: 70.19kcal (3.51%), Fat: 3.61g (5.55%), Saturated Fat: 1.56g (9.76%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 4.83g (1.76%), Sugar: 0.97g (1.07%), Cholesterol: 10.89mg (3.63%), Sodium: 153.34mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.61%), Vitamin B1: 0.13mg (8.38%), Selenium: 5.82µg (8.31%), Phosphorus: 51.71mg (5.17%), Vitamin B3: 0.95mg (4.76%), Manganese: 0.09mg (4.43%), Vitamin B2: 0.07mg (4.41%), Vitamin C: 3.38mg (4.1%), Zinc: 0.58mg (3.84%), Folate: 15.28µg (3.82%), Calcium: 33.44mg (3.34%), Vitamin B6: 0.07mg (3.26%), Fiber: 0.64g (2.58%), Iron: 0.45mg (2.52%), Copper: 0.05mg (2.39%), Potassium: 75.37mg (2.15%), Vitamin K: 2.19µg (2.09%), Vitamin B12: 0.13µg (2.09%), Magnesium: 8.17mg (2.04%), Vitamin A: 99.34IU (1.99%), Vitamin B5: 0.13mg (1.28%)