



WHATSheATE



Mini-Meatball Casserole

READY IN



55 min.

SERVINGS



4

CALORIES



469 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 oz mushrooms fresh sliced (3 cups)
- ☐ 2 tablespoons butter
- ☐ 37 oz condensed cream of cheddar cheese soup italian-style traditional canned
- ☐ 12 oz green beans frozen
- ☐ 0.3 cup whipping cream
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup breadcrumbs plain
- ☐ 2 tablespoons butter melted

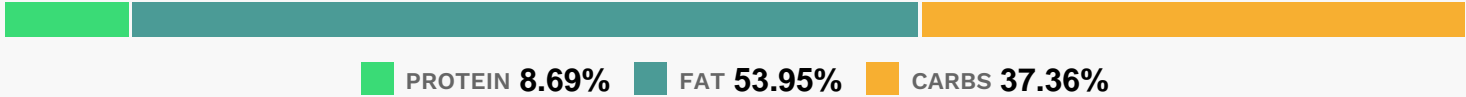
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ colander
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In 12-inch skillet, melt 2 tablespoons butter over medium-high heat.
- ☐ Add mushrooms; cook 3 to 5 minutes, stirring occasionally, until lightly browned.
- ☐ Meanwhile, place colander or strainer over medium bowl; pour both cans of soup into colander. Reserve meatball and pasta mixture.
- ☐ Add soup liquid and green beans to skillet; cook over medium-high heat 10 to 12 minutes, stirring occasionally, until beans are crisp-tender and liquid is reduced by half.
- ☐ In small bowl, beat whipping cream and flour with wire whisk until blended.
- ☐ Pour into skillet, stirring constantly, until well blended.
- ☐ Heat to boiling; boil 1 minute.
- ☐ Add meatball mixture to skillet; heat to boiling.
- ☐ Pour into ungreased 8-inch square (2-quart) glass baking dish.
- ☐ In small bowl, mix bread crumbs and 2 tablespoons melted butter; sprinkle over meatball mixture.
- ☐ Bake 20 to 25 minutes or until bubbly and crumbs are golden brown.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:4.15, Inflammation Score:-9, Nutrition Score:16.330869529558%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 469.46kcal (23.47%), Fat: 28.34g (43.6%), Saturated Fat: 10.23g (63.93%), Carbohydrates: 44.16g (14.72%), Net Carbohydrates: 38.49g (14%), Sugar: 9.4g (10.44%), Cholesterol: 27.3mg (9.1%), Sodium: 1616.97mg (70.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.27g (20.54%), Vitamin A: 2363.08IU (47.26%), Potassium: 1595.53mg (45.59%), Vitamin K: 37.95µg (36.14%), Vitamin B2: 0.42mg (24.85%), Fiber: 5.67g (22.68%), Vitamin B3: 3.8mg (19%), Vitamin B1: 0.28mg (18.67%), Manganese: 0.36mg (18.01%), Calcium: 156.37mg (15.64%), Selenium: 10.9µg (15.58%), Folate: 59.75µg (14.94%), Vitamin C: 11.68mg (14.16%), Copper: 0.28mg (14.02%), Phosphorus: 119.25mg (11.93%), Vitamin B5: 1.18mg (11.81%), Iron: 2mg (11.11%), Vitamin B6: 0.2mg (10.17%), Magnesium: 34.46mg (8.61%), Vitamin E: 0.94mg (6.26%), Zinc: 0.76mg (5.04%), Vitamin D: 0.35µg (2.34%), Vitamin B12: 0.11µg (1.8%)