

Mom's Yummy Onion Casserole

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



389 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cube beef bouillon from cube
- 0.3 cup butter
- 10.8 ounce cream of mushroom soup canned
- 9 large onion sliced
- 7 ounce potato chips sour crushed
- 2 cups cheddar cheese shredded
- 0.5 cup water

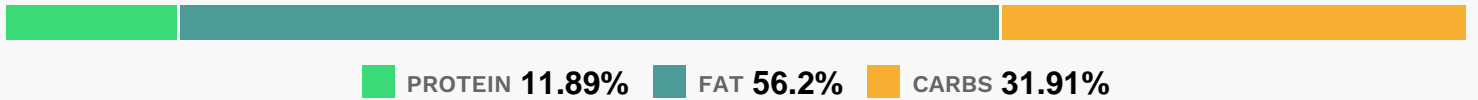
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish.
- Melt butter in a large skillet over medium-high heat.
- Saute onions until tender.
- Transfer to prepared dish and top with crushed potato chips.
- Dissolve bouillon in water and mix with mushroom soup; pour over chips and onions. Top with cheese.
- Bake in preheated oven for 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:3.67, Inflammation Score:-8, Nutrition Score:13.075652117315%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 8.45mg, Isorhamnetin: 8.45mg, Isorhamnetin: 8.45mg, Isorhamnetin: 8.45mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 34.26mg, Quercetin: 34.26mg, Quercetin: 34.26mg, Quercetin: 34.26mg

Nutrients (% of daily need)

Calories: 388.86kcal (19.44%), Fat: 24.88g (38.27%), Saturated Fat: 10.44g (65.26%), Carbohydrates: 31.78g (10.59%), Net Carbohydrates: 28.07g (10.21%), Sugar: 7.33g (8.15%), Cholesterol: 45.41mg (15.14%), Sodium: 640.54mg (27.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.84g (23.68%), Manganese: 0.5mg (24.98%), Calcium: 247.45mg (24.74%), Phosphorus: 229.09mg (22.91%), Vitamin C: 17.85mg (21.63%), Vitamin E: 2.99mg (19.93%), Vitamin B6: 0.37mg (18.46%), Potassium: 615.77mg (17.59%), Fiber: 3.71g (14.86%), Vitamin B5: 1.48mg (14.83%), Selenium: 9.53µg (13.62%), Zinc: 2.02mg (13.47%), Vitamin B2: 0.22mg (12.79%), Folate: 48.08µg (12.02%), Magnesium: 43.1mg (10.77%), Copper: 0.21mg (10.59%), Vitamin B1: 0.15mg (9.78%), Vitamin A: 463.71IU (9.27%), Vitamin B3: 1.74mg (8.7%), Vitamin K: 7.33µg (6.98%), Vitamin B12: 0.37µg (6.21%), Iron: 0.99mg (5.48%),

Vitamin D: 0.17µg (1.13%)