



Mushroom Deluxe Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



570 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup butter divided
- ☐ 0.5 cup half-and-half
- ☐ 24 ounce mushrooms sliced
- ☐ 8 ounces sharp cheddar cheese shredded divided
- ☐ 1.5 cups herb-seasoned stuffing mix

Equipment

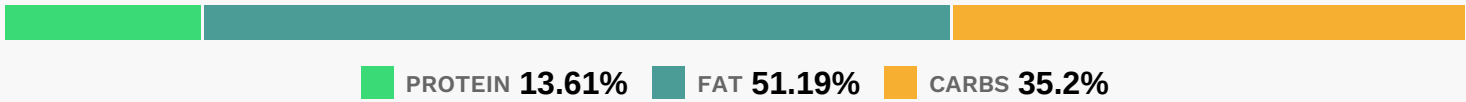
- ☐ frying pan
- ☐ oven

☐ baking pan

Directions

- ☐ Melt 1/4 cup butter in a large skillet over medium-high heat; add mushrooms, and cook, stirring constantly, until tender. Stir in stuffing mix.
- ☐ Spoon half of mushroom mixture into an 8-inch square baking dish; sprinkle with half of cheese. Repeat layers; dot with remaining butter.
- ☐ Pour half-and-half over casserole.
- ☐ Bake at 325 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:1.07, Inflammation Score:-8, Nutrition Score:21.7099999975951%

Nutrients (% of daily need)

Calories: 569.91kcal (28.5%), Fat: 32.8g (50.45%), Saturated Fat: 12.39g (77.44%), Carbohydrates: 50.73g (16.91%), Net Carbohydrates: 47.7g (17.35%), Sugar: 8.09g (8.99%), Cholesterol: 45.45mg (15.15%), Sodium: 1274.58mg (55.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.62g (39.24%), Selenium: 50.28µg (71.83%), Vitamin B2: 0.91mg (53.39%), Phosphorus: 377.55mg (37.75%), Vitamin B3: 7.55mg (37.75%), Calcium: 355.27mg (35.53%), Folate: 127.38µg (31.84%), Vitamin B1: 0.46mg (30.88%), Copper: 0.52mg (25.78%), Vitamin A: 1127.97IU (22.56%), Vitamin B5: 2.16mg (21.63%), Manganese: 0.41mg (20.43%), Zinc: 2.61mg (17.37%), Potassium: 569.78mg (16.28%), Iron: 2.89mg (16.06%), Vitamin B6: 0.25mg (12.29%), Fiber: 3.03g (12.11%), Magnesium: 46.65mg (11.66%), Vitamin B12: 0.52µg (8.58%), Vitamin E: 1.16mg (7.71%), Vitamin C: 2.6mg (3.15%), Vitamin D: 0.45µg (3.02%), Vitamin K: 1.82µg (1.73%)