



Nutty Spinach Noodle Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



250 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 ounce mushrooms drained sliced canned
- ☐ 8 ounce carton cream sour
- ☐ 8 ounces extra wide egg noodles uncooked
- ☐ 2 eggs lightly beaten
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup half-and-half

- ☐ 0.3 teaspoon hungarian paprika sweet
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces swiss cheese shredded
- ☐ 0.3 cup walnuts toasted chopped

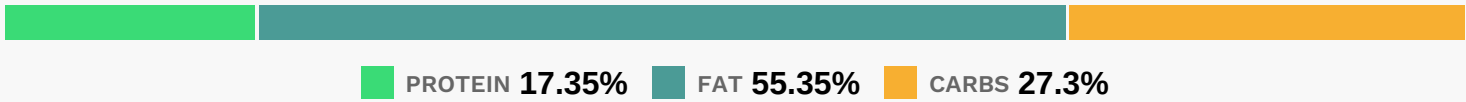
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Cook noodles according to package directions.
- ☐ Drain and set aside.
- ☐ Saute onion in hot olive oil in a large saucepan over medium-high heat until tender.
- ☐ Add noodles, walnuts, spinach, and mushrooms; stir well.
- ☐ Combine cheese and remaining ingredients in a medium bowl; stir well.
- ☐ Add cheese mixture to noodle mixture, stirring well. Spoon into a lightly greased 2 1/2-quart casserole. Cover and bake at 350 for 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:16.42, Glycemic Load:5.85, Inflammation Score:-9, Nutrition Score:16.576521552127%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 250.44kcal (12.52%), Fat: 15.69g (24.13%), Saturated Fat: 6.89g (43.05%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 15.56g (5.66%), Sugar: 2.05g (2.28%), Cholesterol: 75.41mg (25.14%), Sodium: 216.17mg (9.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.06g (22.12%), Vitamin K: 89.62µg (85.35%), Vitamin A: 3170.65IU (63.41%), Selenium: 25.84µg (36.92%), Calcium: 244.69mg (24.47%), Manganese: 0.46mg (23.18%), Phosphorus: 222.84mg (22.28%), Vitamin B2: 0.22mg (12.99%), Folate: 51.34µg (12.84%), Vitamin B12: 0.75µg (12.49%), Magnesium: 45.79mg (11.45%), Zinc: 1.7mg (11.3%), Copper: 0.18mg (9.24%), Vitamin E: 1.26mg (8.4%), Vitamin B6: 0.15mg (7.46%), Fiber: 1.85g (7.39%), Iron: 1.18mg (6.54%), Potassium: 222.09mg (6.35%), Vitamin B5: 0.58mg (5.82%), Vitamin B1: 0.09mg (5.81%), Vitamin B3: 0.76mg (3.81%), Vitamin C: 1.88mg (2.28%), Vitamin D: 0.22µg (1.48%)