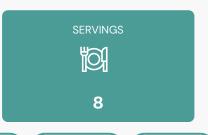


Potato-Spinach Swirl Casserole

Gluten Free







SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

| I cup water |
|-------------------------------------|
| 18 oz cream of mushroom soup canned |
| 2 tablespoons butter |
| 4.7 oz creamy peanut butter mashed |
| 0.5 cup cream sour |
| |

9 oz spinach frozen chopped

1.3 cups fried onions french

Equipment

| | oven | |
|--|--|--|
| | knife | |
| | | |
| Directions | | |
| | Heat oven to 350°F. | |
| | Heat water, 1/2 cup of the soup and the butter to a rapid boil in 2-quart saucepan. | |
| | Remove from heat. Stir in potatoes and sour cream just until moistened. | |
| | Let stand about 1 minute or until liquid is absorbed. Whip with fork until smooth. | |
| | Prepare spinach as driected on box; drain well. Stir together spinach, remaining soup and half of the onions. Alternately spoon heaping tablespoonfuls potato mixture and spinach mixture into ungreased 11/2-quart casserole. Run table knife through spinach and potatoes to swirl slightly. | |
| | Bake uncovered 20 to 25 minutes or until hot and bubbly. Top with remaining onions. | |
| | Bake about 5 minutes longer or until onions are golden brown. | |
| Nutrition Facts | | |
| | | |
| PROTEIN 12.27% FAT 68.39% CARBS 19.34% | | |

Properties

sauce pan

Glycemic Index:1.75, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:16.213478119477%

Nutrients (% of daily need)

Calories: 259.55kcal (12.98%), Fat: 20.37g (31.33%), Saturated Fat: 6.44g (40.24%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 11.11g (4.04%), Sugar: 2.45g (2.72%), Cholesterol: 11.67mg (3.89%), Sodium: 663.98mg (28.87%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 8.22g (16.44%), Vitamin K: 118.91µg (113.25%), Vitamin A: 3954.55IU (79.09%), Manganese: 0.66mg (33.08%), Vitamin E: 2.61mg (17.37%), Folate: 65.93µg (16.48%), Vitamin B3: 2.97mg (14.83%), Magnesium: 58.37mg (14.59%), Copper: 0.25mg (12.54%), Phosphorus: 102.32mg (10.23%), Vitamin B2: 0.17mg (9.82%), Zinc: 1.35mg (9.02%), Potassium: 304.1mg (8.69%), Vitamin B6: 0.16mg (8.03%), Iron: 1.35mg (7.49%), Fiber: 1.85g (7.41%), Calcium: 68.31mg (6.83%), Vitamin B1: 0.07mg (4.6%), Selenium: 3.13µg (4.47%), Vitamin B5: 0.38mg (3.79%), Vitamin C: 1.89mg (2.29%), Vitamin B12: 0.14µg (2.26%)