



Potato-Spinach Swirl Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 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

- sauce pan
- 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 directed 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 1 1/2–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

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: 0g (100%), Alcohol %: 0% (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%)