



Salmon Casserole

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



43 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz salmon flaked drained canned
- 1 cup celery sliced
- 2 Tbsp green onion
- 3 hard-cooked eggs chopped
- 0.5 cup miracle whip dressing
- 10 oz peas frozen thawed
- 8 big swiss cheese chopped kraft

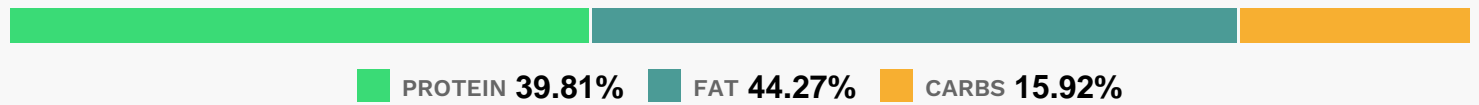
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350F.
- Mix all ingredients.
- Spoon into greased shallow 2-quart casserole dish.
- Bake 25 to 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:3.6486956710401%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 42.71kcal (2.14%), Fat: 2.1g (3.24%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 1.7g (0.57%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.81g (0.9%), Cholesterol: 26.26mg (8.75%), Sodium: 78.98mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Vitamin B12: 0.67µg (11.18%), Vitamin D: 1.62µg (10.83%), Selenium: 6.52µg (9.31%), Phosphorus: 74.79mg (7.48%), Calcium: 65.41mg (6.54%), Vitamin B3: 0.95mg (4.75%), Vitamin B2: 0.06mg (3.65%), Vitamin C: 2.97mg (3.6%), Vitamin K: 3.19µg (3.04%), Zinc: 0.38mg (2.55%), Vitamin A: 125.38IU (2.51%), Fiber: 0.51g (2.05%), Folate: 8.09µg (2.02%), Potassium: 68.79mg (1.97%), Magnesium: 7.58mg (1.89%), Manganese: 0.04mg (1.83%), Vitamin B1: 0.03mg (1.68%), Vitamin B6: 0.03mg (1.61%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.14mg (1.41%), Iron: 0.25mg (1.38%), Copper: 0.02mg (1.22%)