



Slow-Cooker Cheesy Winter Vegetables Casserole

 Gluten Free  Dairy Free

READY IN



435 min.

SERVINGS



12

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb baby potatoes refrigerated
- 16 oz baby carrots fresh
- 1 medium stalk celery cut into 1-inch pieces
- 10.8 oz condensed cream of cheddar cheese soup canned
- 2 teaspoons worcestershire sauce
- 0.1 teaspoon ground pepper red (cayenne)
- 1 cup peas sweet frozen thawed

1 cup processed cheese food shredded

Equipment

bowl

slow cooker

Directions

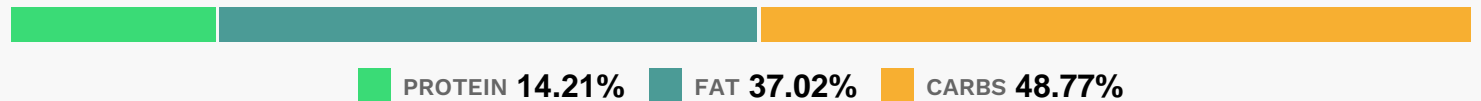
In 3 1/2 or 4-quart slow cooker, combine potatoes, carrots and celery. In small bowl, combine soup, Worcestershire sauce and ground red pepper; mix well.

Pour soup mixture over vegetables; stir gently to coat.

Cover; cook on Low setting for 6 to 7 hours.

About 10 minutes before serving, gently stir thawed peas and cheese into vegetable mixture. Cover; cook an additional 10 minutes or until carrots are tender.

Nutrition Facts



Properties

Glycemic Index:18.26, Glycemic Load:5.43, Inflammation Score:-10, Nutrition Score:10.670434748349%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 117.28kcal (5.86%), Fat: 4.87g (7.5%), Saturated Fat: 2.55g (15.91%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 11.57g (4.21%), Sugar: 3.6g (4%), Cholesterol: 12.68mg (4.23%), Sodium: 376.06mg (16.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Vitamin A: 5542.75IU (110.85%), Vitamin C: 13.51mg (16.38%), Calcium: 152.13mg (15.21%), Potassium: 425.48mg (12.16%), Phosphorus: 121.42mg (12.14%), Fiber: 2.88g (11.51%), Vitamin B6: 0.18mg (9.04%), Manganese: 0.17mg (8.65%), Vitamin K: 8.57µg (8.17%), Folate: 26.34µg (6.59%), Copper: 0.11mg (5.43%), Iron: 0.94mg (5.24%), Vitamin B1: 0.08mg (5.13%), Magnesium: 20.02mg (5.01%), Vitamin B3: 0.89mg (4.45%), Selenium: 3.05µg (4.35%), Vitamin B2: 0.07mg (4.26%), Zinc: 0.62mg (4.14%), Vitamin B5: 0.33mg (3.31%), Vitamin B12: 0.17µg (2.92%)