



Slow-Cooker Cheesy Winter Vegetables Casserole

 Gluten Free

READY IN



435 min.

SERVINGS



12

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

2 teaspoons worcestershire sauce

Equipment

bowl

slow cooker

Directions

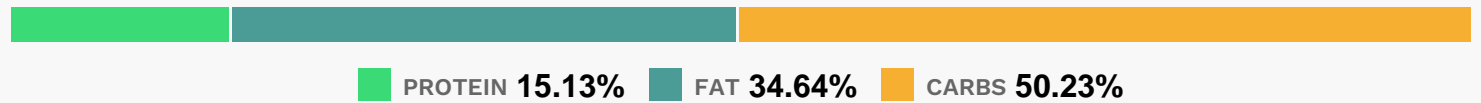
In 3 1/2 or 4-quart slow cooker, combine potatoes, carrots and celery. In small bowl, combine soup, Worcestershire sauce and ground red pepper; mix well.

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:5.38, Inflammation Score:-10, Nutrition Score:10.261739127014%

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: 112.42kcal (5.62%), Fat: 4.37g (6.72%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 14.24g (4.75%), Net Carbohydrates: 11.36g (4.13%), Sugar: 3.37g (3.74%), Cholesterol: 10.43mg (3.48%), Sodium: 242.69mg (10.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Vitamin A: 5526.85IU (110.54%), Vitamin C: 13.51mg (16.38%), Potassium: 417.33mg (11.92%), Fiber: 2.88g (11.51%), Calcium: 96.79mg (9.68%), Vitamin B6: 0.18mg (9.05%), Phosphorus: 89.77mg (8.98%), Manganese: 0.17mg (8.46%), Vitamin K: 8.5µg (8.09%), Folate: 27.39µg (6.85%), Copper: 0.11mg (5.31%), Vitamin B1: 0.08mg (5.19%), Vitamin B2: 0.09mg (5.09%), Iron: 0.89mg (4.92%), Magnesium: 19.53mg (4.88%), Selenium: 3.36µg (4.79%), Zinc: 0.68mg (4.51%), Vitamin B3: 0.89mg (4.43%), Vitamin B5: 0.32mg (3.23%), Vitamin B12: 0.1µg (1.66%)