



Spinach Alfredo Casserole

READY IN



50 min.

SERVINGS



12

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 10.8 ounce campbell's® condensed cream of celery soup canned
- 3 ounce cream cheese softened
- 2 tablespoons bread crumbs dry
- 6 ounce french-fried onions canned
- 30 ounce pkt spinach frozen thawed drained chopped
- 0.5 teaspoon garlic powder
- 0.5 cup heavy cream
- 0.5 teaspoon onion powder

- 0.3 cup parmesan cheese grated
- 0.3 teaspoon pepper white

Equipment

- frying pan
- sauce pan
- oven

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Grease a 9-inch square pan.
- Heat butter, cream cheese, 1/3 cup Parmesan cheese, garlic powder, onion powder, and white pepper in a large saucepan over medium heat. Continue stirring until smooth. Stir in the celery soup, cream, and spinach.
- Pour spinach mixture into the prepared pan. Top with the French fried onions, bread crumbs, and remaining 1/4 cup of Parmesan cheese.
- Bake in the preheated oven until bubbly and heated through, about 30 minutes.

Nutrition Facts



PROTEIN 7.22% **FAT 72.18%** **CARBS 20.6%**

Properties

Glycemic Index:6.83, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:17.245217307754%

Nutrients (% of daily need)

Calories: 247.34kcal (12.37%), Fat: 20.23g (31.13%), Saturated Fat: 10.56g (65.99%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 10.68g (3.88%), Sugar: 1.48g (1.64%), Cholesterol: 36.53mg (12.18%), Sodium: 415.84mg (18.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Vitamin K: 269.08µg (256.26%), Vitamin A: 8798.84IU (175.98%), Manganese: 0.57mg (28.59%), Folate: 106.52µg (26.63%), Vitamin E: 2.72mg (18.13%), Magnesium: 57.56mg (14.39%), Calcium: 136.48mg (13.65%), Vitamin B2: 0.22mg (12.94%), Selenium: 6.87µg (9.82%), Fiber: 2.32g (9.27%), Iron: 1.59mg (8.84%), Potassium: 299.84mg (8.57%), Phosphorus: 74.01mg (7.4%), Copper: 0.14mg (6.99%), Vitamin B6: 0.14mg (6.92%), Vitamin B1: 0.09mg (6.27%), Vitamin C: 4.04mg (4.89%), Zinc: 0.61mg (4.09%), Vitamin B5: 0.39mg (3.9%), Vitamin B3: 0.56mg (2.78%), Vitamin B12: 0.09µg (1.44%), Vitamin D: 0.17µg (1.13%)