



Sweet Pea Autumn Casserole

READY IN



20 min.

SERVINGS



6

CALORIES



405 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup cranberries dried
- 3 tablespoons spread melted country crock®
- 0.5 cup real mayonnaise best foods®
- 2 tablespoons milk 2%
- 4.5 oz mushrooms dry drained sliced
- 12 oz peas frozen prepared
- 1.3 cups seasoned cube stuffing mix crushed

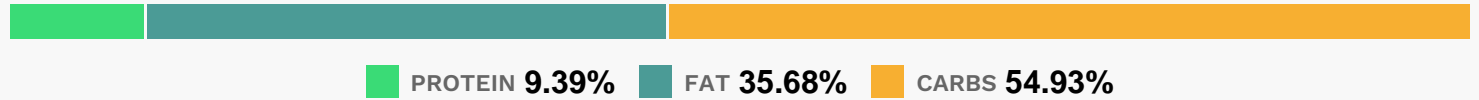
Equipment

- bowl
- oven
- microwave

Directions

- Preheat oven to 42
- Combine Hellmann's or Best Foods Real Mayonnaise, mushrooms, cranberries and milk in large microwave-safe bowl. Microwave at HIGH 45 seconds; stir. Stir in hot peas, then turn into greased 1-quart shallow casserole.
- Combine stuffing mix with Country Crock
- Spread in a small bowl, then sprinkle over pea mixture.
- Bake 10 minutes or until golden brown.
- See nutrition information for sodium content.

Nutrition Facts



Properties

Glycemic Index:30.22, Glycemic Load:5, Inflammation Score:-7, Nutrition Score:16.794782446778%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 405.31kcal (20.27%), Fat: 16.1g (24.76%), Saturated Fat: 2.72g (17%), Carbohydrates: 55.77g (18.59%), Net Carbohydrates: 50.4g (18.33%), Sugar: 15.13g (16.81%), Cholesterol: 8.73mg (2.91%), Sodium: 819.79mg (35.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.06%), Vitamin K: 45.42µg (43.26%), Selenium: 27.38µg (39.12%), Folate: 125.23µg (31.31%), Vitamin B1: 0.47mg (31.16%), Vitamin C: 23.76mg (28.8%), Manganese: 0.55mg (27.67%), Vitamin B3: 4.83mg (24.15%), Vitamin B2: 0.38mg (22.29%), Fiber: 5.37g (21.47%), Iron: 2.91mg (16.18%), Phosphorus: 159.27mg (15.93%), Copper: 0.3mg (14.94%), Magnesium: 41.56mg (10.39%), Vitamin B6: 0.2mg (9.98%), Potassium: 345.81mg (9.88%), Vitamin A: 451.97IU (9.04%), Zinc: 1.33mg (8.89%), Calcium: 71.97mg (7.2%),

Vitamin E: 0.99mg (6.61%), Vitamin B5: 0.64mg (6.36%), Vitamin B12: 0.07µg (1.12%)