



Swiss Vegetable Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounces cream of mushroom soup fat free 98% canned (Regular or)
- ☐ 2.8 ounces fried onions french canned ()
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup cream sour
- ☐ 0.5 cup swiss cheese shredded
- ☐ 16 ounces savory vegetable frozen thawed (broccoli, cauliflower, carrots)

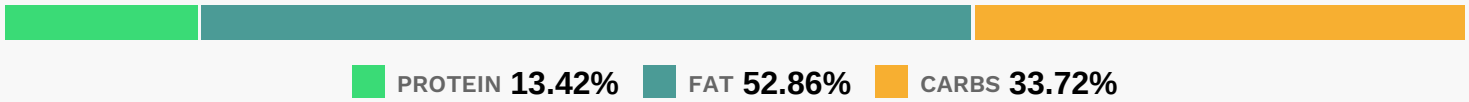
Equipment

- ☐ oven

Directions

- ☐ Stir the soup, sour cream, black pepper, vegetables, 2/3 cup onions and 1/4 cup cheese in a 2-quart casserole. Cover the casserole.
- ☐ Bake at 350°F. for 40 minutes or until the vegetables are tender. Stir the vegetable mixture. Top with the remaining onions and cheese.
- ☐ Bake for 5 minutes or until the cheese is melted.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:4.9, Inflammation Score:-10, Nutrition Score:14.190434689107%

Nutrients (% of daily need)

Calories: 334.4kcal (16.72%), Fat: 19.97g (30.72%), Saturated Fat: 9.55g (59.67%), Carbohydrates: 28.66g (9.55%), Net Carbohydrates: 23.94g (8.7%), Sugar: 0.65g (0.73%), Cholesterol: 27.67mg (9.22%), Sodium: 789.73mg (34.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.41g (22.81%), Vitamin A: 5990.5IU (119.81%), Manganese: 0.52mg (26.2%), Fiber: 4.72g (18.88%), Phosphorus: 181.25mg (18.13%), Calcium: 171.46mg (17.15%), Vitamin C: 11.97mg (14.5%), Copper: 0.27mg (13.46%), Zinc: 2mg (13.35%), Vitamin B2: 0.22mg (12.67%), Vitamin B3: 2.13mg (10.66%), Potassium: 371.61mg (10.62%), Vitamin B1: 0.16mg (10.6%), Folate: 40.6µg (10.15%), Magnesium: 39.13mg (9.78%), Vitamin B12: 0.57µg (9.5%), Iron: 1.65mg (9.19%), Vitamin B6: 0.16mg (7.85%), Selenium: 5.23µg (7.47%), Vitamin B5: 0.45mg (4.54%), Vitamin E: 0.16mg (1.03%)