



Swiss Vegetable Medley

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



403 kcal

SIDE DISH

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 6 ounce fried onions canned
- 16 ounce savory vegetable mixed frozen thawed
- 6 servings pepper to taste
- 1 cup cream sour
- 1 cup swiss cheese shredded

Equipment

- oven

- mixing bowl
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Set aside 1/4 cup of cheese, and 1/4 cup of onions.
- In a medium-size mixing bowl, combine thawed vegetables, mushroom soup, 3/4 cup Swiss cheese, sour cream, remaining fried onions, and pepper.
- Pour ingredients into a 2 quart casserole dish.
- Bake for 30 minutes.
- Sprinkle reserved cheese and onions on top of the casserole and bake additional 5 minutes, or until the cheese has melted.

Nutrition Facts

 **PROTEIN 10.52%**  **FAT 63.1%**  **CARBS 26.38%**

Properties

Glycemic Index:17.33, Glycemic Load:3.3, Inflammation Score:-10, Nutrition Score:12.156087198983%

Nutrients (% of daily need)

Calories: 403.44kcal (20.17%), Fat: 28.41g (43.71%), Saturated Fat: 13.73g (85.81%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 23.58g (8.57%), Sugar: 1.31g (1.45%), Cholesterol: 41.9mg (13.97%), Sodium: 677.01mg (29.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.66g (21.32%), Vitamin A: 4227.67IU (84.55%), Calcium: 220.29mg (22.03%), Phosphorus: 191.94mg (19.19%), Manganese: 0.35mg (17.74%), Fiber: 3.15g (12.6%), Vitamin B2: 0.21mg (12.58%), Zinc: 1.81mg (12.09%), Vitamin B12: 0.71µg (11.76%), Selenium: 7.14µg (10.21%), Vitamin C: 8.21mg (9.95%), Copper: 0.19mg (9.43%), Potassium: 286.29mg (8.18%), Magnesium: 31.64mg (7.91%), Vitamin B1: 0.11mg (7.48%), Folate: 29.42µg (7.35%), Vitamin B3: 1.45mg (7.26%), Iron: 1.13mg (6.3%), Vitamin B6: 0.12mg (6.07%), Vitamin B5: 0.43mg (4.27%), Vitamin E: 0.25mg (1.7%)