



Vidalia Casserole

READY IN



35 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 large onion sweet sliced
- 0.3 cup butter
- 0.3 cup cream sour
- 0.8 cup parmesan cheese grated
- 10 round buttery crackers crushed

Equipment

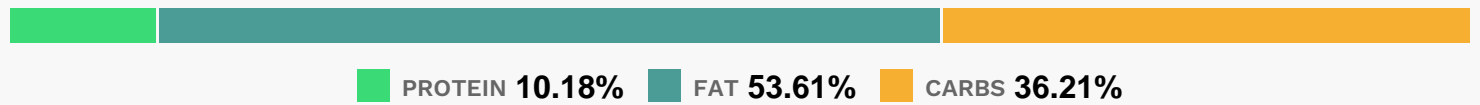
- frying pan
- oven

baking pan

Directions

- In a large skillet over medium heat, saute onions in butter until tender.
- Remove from the heat; stir in sour cream.
- Spoon half into a greased 1-qt. baking dish.
- Sprinkle with cheese. Top with remaining onion mixture and crackers.
- Bake, uncovered, at 350° for 20-25 minutes or until golden brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:7.6813043368899%

Flavonoids

Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg Myricetin: 2.52mg, Myricetin: 2.52mg, Myricetin: 2.52mg, Myricetin: 2.52mg Quercetin: 32.04mg, Quercetin: 32.04mg, Quercetin: 32.04mg, Quercetin: 32.04mg

Nutrients (% of daily need)

Calories: 234.63kcal (11.73%), Fat: 14.37g (22.1%), Saturated Fat: 8.04g (50.25%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 19.73g (7.18%), Sugar: 11.83g (13.14%), Cholesterol: 36.86mg (12.29%), Sodium: 344.29mg (14.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Calcium: 174.28mg (17.43%), Phosphorus: 162.03mg (16.2%), Vitamin B6: 0.3mg (15.21%), Folate: 55.96µg (13.99%), Vitamin C: 10.68mg (12.94%), Manganese: 0.21mg (10.32%), Selenium: 6.16µg (8.8%), Potassium: 305.79mg (8.74%), Fiber: 2.1g (8.4%), Vitamin A: 406.4IU (8.13%), Vitamin B1: 0.12mg (7.89%), Vitamin B2: 0.12mg (7.05%), Copper: 0.14mg (6.82%), Magnesium: 26.33mg (6.58%), Zinc: 0.9mg (5.99%), Iron: 0.86mg (4.79%), Vitamin K: 4.18µg (3.98%), Vitamin E: 0.54mg (3.59%), Vitamin B12: 0.2µg (3.42%), Vitamin B5: 0.32mg (3.18%), Vitamin B3: 0.56mg (2.8%)