



## 1-2-3 Cheddar Broccoli Casserole

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



334 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 packages broccoli florets frozen thawed (10 oz./300 g. ea.)
- 1 lb cheesy double cheddar sauce ragu®
- 1 tablespoon spread country crock®
- 0.3 cup bread crumbs [or seasoned bread crumbs] plain dry italian

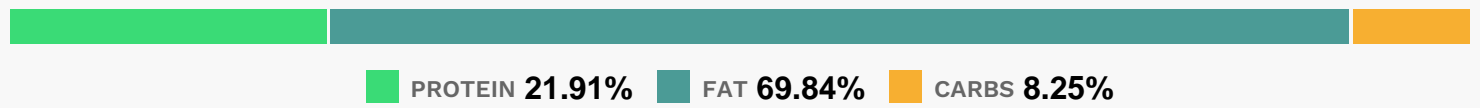
### Equipment

- oven

## Directions

- Preheat oven to 35
- Combine Double Cheddar Sauce with broccoli in 1-1/2-quart casserole.
- Evenly top with bread crumbs combined with
- Spread.
- Bake uncovered 20 minutes or until bread crumbs are golden and broccoli is tender.
- TIP:Substitute your favorite frozen vegetable for broccoli florets.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:1.37, Inflammation Score:-5, Nutrition Score:10.340434701546%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 334.19kcal (16.71%), Fat: 25.98g (39.97%), Saturated Fat: 14.59g (91.16%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 6.62g (2.41%), Sugar: 1.67g (1.86%), Cholesterol: 75.65mg (25.22%), Sodium: 562.07mg (24.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.34g (36.68%), Calcium: 544.21mg (54.42%), Phosphorus: 355.76mg (35.58%), Selenium: 22.68µg (32.41%), Vitamin B2: 0.36mg (20.96%), Zinc: 2.85mg (18.99%), Vitamin A: 769.23IU (15.38%), Vitamin B12: 0.82µg (13.65%), Magnesium: 22.88mg (5.72%), Folate: 22.29µg (5.57%), Vitamin B1: 0.07mg (4.71%), Vitamin K: 4.45µg (4.24%), Vitamin E: 0.59mg (3.9%), Vitamin B5: 0.35mg (3.46%), Vitamin B6: 0.06mg (3.09%), Vitamin D: 0.45µg (3.02%), Manganese: 0.06mg (2.92%), Iron: 0.38mg (2.12%), Potassium: 72.61mg (2.07%), Copper: 0.04mg (1.98%), Vitamin B3: 0.35mg (1.75%), Fiber: 0.28g (1.12%)