



WHATSheATE



1-2-3 Cheddar Broccoli Casserole



Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 20 ounce broccoli florets frozen thawed
- ☐ 16 ounce cheesy double cheddar sauce ragu®
- ☐ 1 tablespoon shedd's spread spread country crock®
- ☐ 0.3 cup seasoned bread crumbs plain italian

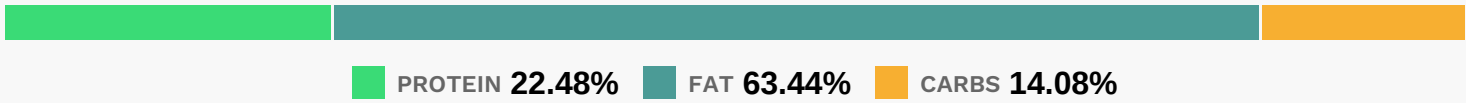
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ 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.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:2.59, Inflammation Score:-8, Nutrition Score:23.626521815424%

Flavonoids

Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 7.41mg, Kaempferol: 7.41mg, Kaempferol: 7.41mg, Kaempferol: 7.41mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 366.21kcal (18.31%), Fat: 26.33g (40.51%), Saturated Fat: 14.69g (91.83%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 10.42g (3.79%), Sugar: 3.27g (3.64%), Cholesterol: 75.65mg (25.22%), Sodium: 593.15mg (25.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.99g (41.99%), Vitamin C: 84.63mg (102.59%), Vitamin K: 100.5µg (95.72%), Calcium: 588.46mg (58.85%), Phosphorus: 417.9mg (41.79%), Selenium: 25.04µg (35.77%), Vitamin B2: 0.47mg (27.44%), Vitamin A: 1355.87IU (27.12%), Zinc: 3.23mg (21.57%), Folate: 81.62µg (20.4%), Vitamin B12: 0.82µg (13.65%), Manganese: 0.26mg (12.81%), Vitamin B6: 0.23mg (11.33%), Fiber: 2.73g (10.91%), Magnesium: 42.65mg (10.66%), Potassium: 370.17mg (10.58%), Vitamin B1: 0.14mg (9.16%), Vitamin B5: 0.89mg (8.85%), Vitamin E: 1.32mg (8.8%), Iron: 1.07mg (5.93%), Vitamin B3: 0.95mg (4.76%), Copper: 0.09mg (4.29%), Vitamin D: 0.45µg (3.02%)