



1-2-3 Cheddar Broccoli Casserole

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



333 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 boxes broccoli florets frozen thawed (10 oz. ea.)
- 1 lb cheddar cheese ragu®
- 0.3 cup breadcrumbs plain dry
- 1 tablespoon let set min. spread spread country crock®

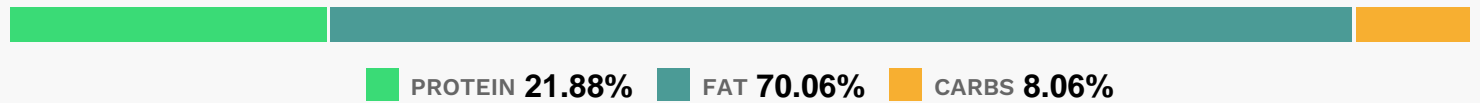
Equipment

- oven

Directions

- Preheat oven to 350 .
 - 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.
- Preparation time: 5 Minute(s) Cook time: 20 Minute(s)

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.37, Inflammation Score:-5, Nutrition Score:10.135652192261%

Flavonoids

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

Nutrients (% of daily need)

Calories: 332.82kcal (16.64%), Fat: 25.94g (39.92%), Saturated Fat: 14.57g (91.06%), Carbohydrates: 6.71g (2.24%), Net Carbohydrates: 6.48g (2.36%), Sugar: 1.67g (1.85%), Cholesterol: 75.6mg (25.2%), Sodium: 528.21mg (22.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.47%), Calcium: 543.34mg (54.33%), Phosphorus: 354.33mg (35.43%), Selenium: 22.58µg (32.26%), Vitamin B2: 0.35mg (20.81%), Zinc: 2.84mg (18.95%), Vitamin A: 759.58IU (15.19%), Vitamin B12: 0.82µg (13.62%), Magnesium: 22.51mg (5.63%), Folate: 21.16µg (5.29%), Vitamin B1: 0.07mg (4.4%), Vitamin E: 0.58mg (3.84%), Vitamin B5: 0.34mg (3.39%), Vitamin D: 0.45µg (3.02%), Vitamin B6: 0.06mg (2.93%), Manganese: 0.05mg (2.53%), Vitamin K: 2.45µg (2.33%), Potassium: 69.88mg (2%), Iron: 0.35mg (1.96%), Copper: 0.04mg (1.95%), Vitamin B3: 0.34mg (1.7%)