



Aunt Millie's Broccoli Casserole

 Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



235 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups processed cheese food shredded
- 4 heads broccoli fresh chopped
- 3 tablespoons butter
- 10.8 ounce cream of mushroom soup canned
- 2 cups croutons crushed
- 2 teaspoons pepper black
- 1.5 teaspoons salt

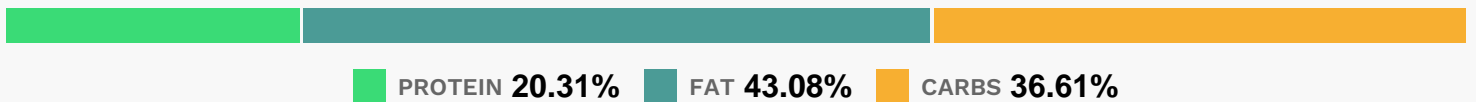
Equipment

- sauce pan
- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Bring a pot of lightly salted water to a boil. Cook broccoli in the boiling water for 1 minute.
- Drain, and set aside.
- In a saucepan over medium heat, mix the cheese, cream of mushroom soup, salt, and pepper. Stir until cheese is melted.
- Add the broccoli, stirring to coat.
- Transfer the mixture to a 9x13 inch baking dish.
- In a separate saucepan, melt the butter over medium heat.
- Mix in the croutons, and sprinkle over the broccoli mixture.
- Bake 30 minutes in the preheated oven, until the topping is browned and broccoli is tender.

Nutrition Facts



Properties

Glycemic Index:21.3, Glycemic Load:6.36, Inflammation Score:-9, Nutrition Score:26.354782697947%

Flavonoids

Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg Kaempferol: 19.07mg, Kaempferol: 19.07mg, Kaempferol: 19.07mg, Kaempferol: 19.07mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg, Quercetin: 7.93mg

Nutrients (% of daily need)

Calories: 234.73kcal (11.74%), Fat: 12.12g (18.65%), Saturated Fat: 6.69g (41.81%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 16.39g (5.96%), Sugar: 4.61g (5.13%), Cholesterol: 31.55mg (10.52%), Sodium: 1065.03mg (46.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.72%), Vitamin C: 216.93mg (262.95%), Vitamin K: 249.56µg (237.68%), Folate: 165.14µg (41.29%), Vitamin A: 1820.73IU (36.41%), Manganese: 0.69mg (34.63%),

Calcium: 342.53mg (34.25%), Phosphorus: 312.5mg (31.25%), Fiber: 6.79g (27.17%), Potassium: 848.47mg (24.24%), Vitamin B6: 0.45mg (22.6%), Vitamin B2: 0.37mg (21.79%), Selenium: 12.63µg (18.05%), Vitamin B5: 1.57mg (15.72%), Magnesium: 61.3mg (15.33%), Vitamin B1: 0.22mg (14.66%), Vitamin E: 2.17mg (14.44%), Iron: 2.41mg (13.38%), Zinc: 1.92mg (12.79%), Vitamin B3: 2.18mg (10.88%), Copper: 0.21mg (10.26%), Vitamin B12: 0.37µg (6.18%)