

Awesome Broccoli Casserole

READY IN



50 min.

SERVINGS



12

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 ounce broccoli frozen thawed chopped
- 0.3 cup butter melted
- 10.8 ounce campbell's® condensed cream of celery soup canned
- 1 large onion diced
- 2 cups cheddar cheese shredded divided
- 16 ounce cream sour
- 6 ounce bread stuffing mix dry
- 15.3 ounce corn whole drained canned

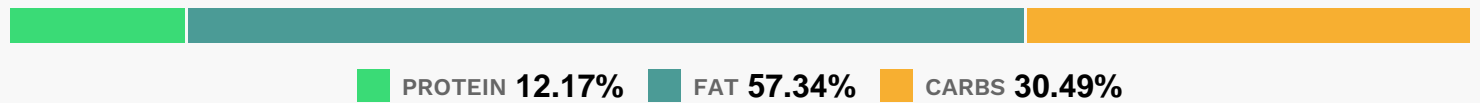
Equipment

- bowl
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, mix together broccoli, corn, and onions. Stir in sour cream, soup, and 1/4 cup shredded cheese. In a separate bowl, toss together stuffing mix and melted butter.
- Spread broccoli mixture into a 2 quart casserole dish and cover with stuffing mix.
- Bake in preheated oven for 30 minutes, or until heated through and browned on top.
- Sprinkle remaining 1 3/4 cups cheese on top and bake an additional 5 minutes, until cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:0.99, Inflammation Score:-7, Nutrition Score:14.24956520744%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 306.32kcal (15.32%), Fat: 19.89g (30.6%), Saturated Fat: 10.41g (65.04%), Carbohydrates: 23.79g (7.93%), Net Carbohydrates: 21.75g (7.91%), Sugar: 4.2g (4.67%), Cholesterol: 54.24mg (18.08%), Sodium: 570.31mg (24.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Vitamin C: 44.07mg (53.42%), Vitamin K: 54.12µg (51.54%), Calcium: 220.14mg (22.01%), Selenium: 15.28µg (21.83%), Phosphorus: 193.31mg (19.33%), Folate: 73.28µg (18.32%), Vitamin A: 908.9IU (18.18%), Vitamin B2: 0.28mg (16.44%), Manganese: 0.28mg (13.83%), Vitamin B1: 0.15mg (9.89%), Potassium: 331.99mg (9.49%), Zinc: 1.3mg (8.66%), Fiber: 2.05g (8.19%), Vitamin B5: 0.79mg

(7.86%), Vitamin E: 1.17mg (7.82%), Magnesium: 31.03mg (7.76%), Vitamin B3: 1.53mg (7.64%), Vitamin B6: 0.15mg (7.52%), Iron: 1.17mg (6.53%), Copper: 0.11mg (5.73%), Vitamin B12: 0.3µg (5%)