



Awesome Broccoli-Cheese Casserole

 **Gluten Free**

READY IN



75 min.

SERVINGS



8

CALORIES



375 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 30 ounce broccoli frozen chopped
- 10.8 ounce cream of mushroom soup canned
- 1 eggs beaten
- 1 cup mayonnaise
- 0.3 cup onion chopped
- 1 dash paprika
- 8 servings salt and pepper to taste
- 8 ounces sharp cheddar cheese shredded

Equipment

- oven
- whisk
- mixing bowl
- baking pan
- spatula

Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter a 9x13 inch baking dish.
- In a medium mixing bowl, whisk together condensed soup, mayonnaise, egg and onions.
- Place frozen broccoli into a very large mixing bowl. (I like to use my large stainless steel bowl to mix this recipe thoroughly.) Break up the frozen broccoli. Using a rubber spatula, scrape soup-mayonnaise mixture on top of broccoli, and mix well.
- Sprinkle on cheese, and mix well.
- Spread mixture into prepared baking dish, and smooth top of casserole. Season with salt, pepper and paprika.
- Bake for 45 minutes to 1 hour.

Nutrition Facts

 **PROTEIN 12.93%**  **FAT 76.2%**  **CARBS 10.87%**

Properties

Glycemic Index:18.88, Glycemic Load:1.74, Inflammation Score:-8, Nutrition Score:19.982608536015%

Flavonoids

Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 8.37mg, Kaempferol: 8.37mg, Kaempferol: 8.37mg, Kaempferol: 8.37mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 375.35kcal (18.77%), Fat: 32.42g (49.88%), Saturated Fat: 9.47g (59.2%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 7.47g (2.72%), Sugar: 2.29g (2.55%), Cholesterol: 62.47mg (20.82%), Sodium: 870.19mg (37.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.37g (24.75%), Vitamin K: 154.8µg (147.43%), Vitamin C: 95.2mg (115.39%), Calcium: 258.54mg (25.85%), Phosphorus: 229.31mg (22.93%), Folate: 80.54µg (20.13%), Vitamin A: 1000.53IU (20.01%), Selenium: 13.04µg (18.63%), Vitamin B2: 0.3mg (17.9%), Manganese: 0.35mg (17.55%), Vitamin E: 2.02mg (13.48%), Zinc: 2.02mg (13.45%), Potassium: 426.59mg (12.19%), Vitamin B6: 0.24mg (11.94%), Fiber: 2.93g (11.72%), Vitamin B5: 0.94mg (9.38%), Magnesium: 34.11mg (8.53%), Copper: 0.15mg (7.46%), Vitamin B12: 0.44µg (7.4%), Iron: 1.26mg (6.99%), Vitamin B1: 0.1mg (6.58%), Vitamin B3: 1.05mg (5.24%), Vitamin D: 0.34µg (2.24%)