



Baked Green Vegetables

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



179 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus fresh trimmed cut into 2 inch pieces
- ☐ 10 ounce broccoli florets frozen
- ☐ 10 ounce brussels sprouts frozen
- ☐ 0.3 cup butter
- ☐ 0.5 cup bread crumbs dry
- ☐ 2 teaspoons garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 1 cup cheddar cheese shredded

☐ 2 cups pkt spinach fresh chopped

Equipment

☐ sauce pan

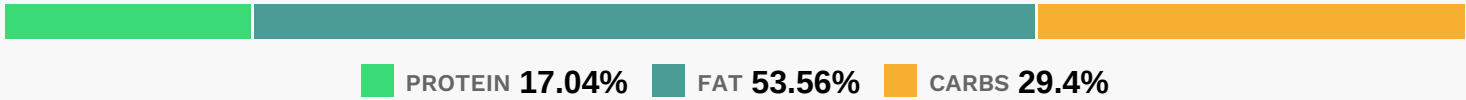
☐ oven

☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish and set aside.
- ☐ Fill a saucepan with water, bring to a boil over medium heat, and boil the Brussels sprouts and broccoli for 2 minutes, until thawed.
- ☐ Add the asparagus, and boil for 3 more minutes, until the vegetables are hot, lightly cooked, and bright green.
- ☐ Drain the Brussels sprouts, broccoli, and asparagus, place into the prepared baking dish, and dot with butter. Stir to melt the butter, and mix in the spinach, garlic powder, black pepper, and bread crumbs.
- ☐ Bake in preheated oven for 10 minutes to heat the vegetables, remove from the oven, and stir in the Cheddar cheese. Return to the oven, and bake for 20 minutes or until cheese is melted, spinach is cooked, and casserole is hot.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.55, Inflammation Score:-9, Nutrition Score:19.777826011181%

Flavonoids

Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg, Kaempferol: 4.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.06mg, Quercetin: 10.06mg, Quercetin: 10.06mg, Quercetin: 10.06mg

Nutrients (% of daily need)

Calories: 178.62kcal (8.93%), Fat: 11.26g (17.33%), Saturated Fat: 6.53g (40.84%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 9.85g (3.58%), Sugar: 2.97g (3.3%), Cholesterol: 29.38mg (9.79%), Sodium: 215.51mg (9.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.12%), Vitamin K: 160.37µg (152.74%), Vitamin C: 67.02mg (81.24%), Vitamin A: 1940.06IU (38.8%), Folate: 98.77µg (24.69%), Manganese: 0.45mg (22.67%), Calcium: 168.19mg (16.82%), Fiber: 4.06g (16.23%), Phosphorus: 162.03mg (16.2%), Vitamin B1: 0.23mg (15.64%), Vitamin B2: 0.26mg (15.35%), Iron: 2.59mg (14.38%), Potassium: 444.29mg (12.69%), Selenium: 8.79µg (12.56%), Vitamin B6: 0.24mg (11.86%), Vitamin E: 1.66mg (11.1%), Copper: 0.19mg (9.41%), Magnesium: 37.32mg (9.33%), Zinc: 1.29mg (8.59%), Vitamin B3: 1.57mg (7.83%), Vitamin B5: 0.59mg (5.85%), Vitamin B12: 0.19µg (3.09%)