



Becel® Cheddar Broccoli Casserole

READY IN



20 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ounce broccoli frozen thawed drained chopped
- 1.5 teaspoons dijon mustard
- 0.3 cup bread crumbs plain dry
- 1 tablespoon flour all-purpose
- 0.5 cup cheddar cheese shredded low-fat
- 4 tablespoons buttery taste margarine divided becel®
- 0.8 cup milk 2%

Equipment

sauce pan

whisk

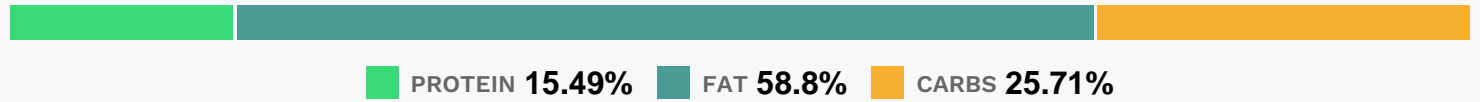
Directions

Melt 2 tablespoons Becel® Buttery Taste margarine in 2-quart saucepan over medium heat and cook flour, stirring frequently, 1 minute. Gradually whisk in milk. Bring to a boil and cook until thickened, about 1 minute. Stir in cheese and mustard until cheese is melted.

Add broccoli and cook over medium-low heat, stirring frequently, until heated through. Turn into greased 1-1/2-quart shallow casserole.

Combine remaining 2 tablespoons Becel® Buttery Taste margarine, melted with bread crumbs, then sprinkle over broccoli mixture. Broil until golden, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:1.96, Inflammation Score:-8, Nutrition Score:14.55304346266%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 205.95kcal (10.3%), Fat: 13.84g (21.29%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 11.34g (4.12%), Sugar: 3.97g (4.41%), Cholesterol: 6.51mg (2.17%), Sodium: 332.72mg (14.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.4%), Vitamin C: 63.34mg (76.78%), Vitamin K: 72.94µg (69.47%), Vitamin A: 1018.03IU (20.36%), Phosphorus: 174.26mg (17.43%), Calcium: 163.04mg (16.3%), Folate: 59.34µg (14.84%), Vitamin B2: 0.24mg (14.05%), Manganese: 0.24mg (11.93%), Selenium: 7.9µg (11.29%), Vitamin B1: 0.15mg (10.28%), Potassium: 319.16mg (9.12%), Fiber: 2.28g (9.11%), Vitamin B6: 0.16mg (7.94%), Vitamin E: 1.02mg (6.81%), Magnesium: 26.65mg (6.66%), Vitamin B5: 0.65mg (6.52%), Zinc: 0.88mg (5.89%), Iron: 1.03mg (5.71%), Vitamin B12: 0.34µg (5.69%), Vitamin B3: 1.07mg (5.37%), Copper: 0.06mg (3.08%)