



## Blanched Broccoli and Cheese Dipping Sauce

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



443 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 servings bell pepper black
- 2 heads broccoli cut into florets
- 4 tablespoons butter
- 0.3 teaspoon cajun spice
- 4 ounces cream cheese softened
- 3 tablespoons flour all-purpose
- 2 cups mild cheddar grated
- 3 cups milk

0.3 teaspoon ground mustard

0.5 teaspoon salt

## Equipment

whisk

pot

## Directions

Blanch the broccoli by throwing florets into boiling water for 30 seconds, then draining and pouring into ice water. When cool, drain and set aside. Keep in the fridge to keep cool.

To make the sauce, melt the butter in a pot over medium heat and sprinkle in the flour.

Whisk to combine and cook until thick, about 1 minute.

Pour in the milk and heat until it thickens.

Add the grated cheese, cream cheese, salt, Cajun spice, mustard powder and pepper to taste. Stir to melt. Taste and adjust seasonings.

Serve hot with the cold broccoli and use as a dipping sauce.

## Nutrition Facts



**PROTEIN 17.47%** **FAT 61.63%** **CARBS 20.9%**

## Properties

Glycemic Index:49.33, Glycemic Load:7.4, Inflammation Score:-10, Nutrition Score:29.876087002132%

## Flavonoids

Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg, Luteolin: 1.62mg Kaempferol: 15.89mg, Kaempferol: 15.89mg, Kaempferol: 15.89mg, Kaempferol: 15.89mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

## Nutrients (% of daily need)

Calories: 443.41kcal (22.17%), Fat: 31.61g (48.63%), Saturated Fat: 18.36g (114.74%), Carbohydrates: 24.12g (8.04%), Net Carbohydrates: 18.68g (6.79%), Sugar: 10.18g (11.31%), Cholesterol: 91.46mg (30.49%), Sodium: 672.89mg (29.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.17g (40.33%), Vitamin C: 180.79mg (219.13%), Vitamin K: 209.29µg (199.32%), Calcium: 533.73mg (53.37%), Vitamin A: 2366.35IU (47.33%), Phosphorus: 457.12mg (45.71%), Vitamin B2: 0.64mg (37.54%), Folate: 144.63µg (36.16%), Selenium: 21.22µg (30.31%), Potassium:

887.51mg (25.36%), Manganese: 0.48mg (23.93%), Vitamin B6: 0.47mg (23.5%), Fiber: 5.44g (21.74%), Vitamin B5: 1.91mg (19.1%), Zinc: 2.85mg (19.02%), Vitamin B12: 1.12µg (18.59%), Magnesium: 70.72mg (17.68%), Vitamin B1: 0.26mg (17.23%), Vitamin E: 2.34mg (15.57%), Vitamin D: 1.57µg (10.45%), Iron: 1.77mg (9.85%), Vitamin B3: 1.7mg (8.49%), Copper: 0.12mg (6.22%)