



## Broccoli and Corn Scallop

READY IN



50 min.

SERVINGS



50

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 20 oz broccoli spears frozen thawed drained
- 2 Tbsp butter divided
- 11 oz regular corn drained canned
- 1 Tbsp flour
- 1.3 cups milk
- 8 oz monterrey jack cheese shredded kraft
- 2 Tbsp onions chopped
- 0.5 cup ritz crackers divided crushed

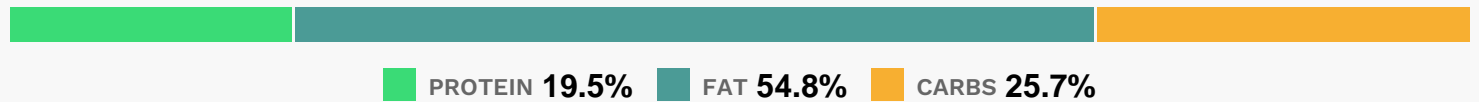
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- Heat oven to 350F.
- Cook and stir onions in 1 Tbsp. butter in medium saucepan on medium heat 1 min. Blend in flour. Gradually stir in milk; cook and stir 2 to 3 min. or until thickened.
- Add cheese; cook 2 to 3 min. or until melted, stirring constantly. Stir in corn and 1/4 cup cracker crumbs.
- Place broccoli in 12x8-inch baking dish; top with sauce. Melt remaining butter; mix with remaining cracker crumbs.
- Sprinkle over sauce.
- Bake 30 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:3.98, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:2.523043508115%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 36.73kcal (1.84%), Fat: 2.29g (3.53%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 2.1g (0.76%), Sugar: 0.58g (0.64%), Cholesterol: 4.77mg (1.59%), Sodium: 54.03mg (2.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.67%), Vitamin C: 10.25mg (12.43%), Vitamin K: 12µg (11.43%), Calcium: 48mg (4.8%), Phosphorus: 38.39mg (3.84%), Vitamin A: 135.45IU (2.71%), Folate: 10.56µg (2.64%),

Vitamin B2: 0.04mg (2.53%), Potassium: 57.59mg (1.65%), Manganese: 0.03mg (1.64%), Selenium: 1.14µg (1.63%),  
Zinc: 0.23mg (1.54%), Vitamin B6: 0.03mg (1.41%), Magnesium: 5.23mg (1.31%), Fiber: 0.32g (1.28%), Vitamin B12:  
0.07µg (1.19%), Vitamin B1: 0.02mg (1.14%), Vitamin B5: 0.1mg (1.01%)