



Broccoli and Onion Casserole

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



287 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 heads broccoli cut into florets
- 0.3 cup butter
- 8 ounce cream cheese
- 0.3 cup flour all-purpose
- 0.3 cup seasoned bread crumbs italian
- 2 cups milk
- 4 onion quartered
- 8 ounces cheddar cheese shredded

Equipment

- sauce pan
- oven
- pot
- baking pan
- steamer basket

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- Place a steamer basket in a pot over boiling water, and steam the broccoli about 5 minutes, until tender.
- Place the onions in a separate pot with enough water to cover. Bring to a boil, and cook until tender. Arrange the broccoli and onions in the prepared dish.
- Melt the butter in a saucepan over medium heat, and stir in the flour until smooth. Blend in the milk until thickened. Blend in the cream cheese until melted.
- Pour the mixture over the broccoli and onions.
- Sprinkle with Cheddar cheese, and top with bread crumbs.
- Bake covered in the preheated oven 30 minutes.
- Remove cover, and continue baking 30 minutes, until lightly browned.

Nutrition Facts

  
 PROTEIN **16.29%**  FAT **56.3%**  CARBS **27.41%**

Properties

Glycemic Index:23, Glycemic Load:5.29, Inflammation Score:-9, Nutrition Score:22.95565210218%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 12.16mg, Kaempferol: 12.16mg, Kaempferol: 12.16mg, Kaempferol: 12.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 12.4mg,

Quercetin: 12.4mg, Quercetin: 12.4mg, Quercetin: 12.4mg

Nutrients (% of daily need)

Calories: 286.97kcal (14.35%), Fat: 18.83g (28.96%), Saturated Fat: 10.86g (67.88%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 15.86g (5.77%), Sugar: 7.02g (7.8%), Cholesterol: 53.06mg (17.69%), Sodium: 313.89mg (13.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.25g (24.5%), Vitamin C: 138.36mg (167.71%), Vitamin K: 157.65µg (150.14%), Vitamin A: 1579.78IU (31.6%), Folate: 116.28µg (29.07%), Calcium: 287.92mg (28.79%), Phosphorus: 267.18mg (26.72%), Vitamin B2: 0.4mg (23.27%), Manganese: 0.41mg (20.72%), Fiber: 4.77g (19.07%), Selenium: 13.28µg (18.97%), Potassium: 644.05mg (18.4%), Vitamin B6: 0.36mg (18.2%), Vitamin B1: 0.2mg (13.47%), Vitamin B5: 1.29mg (12.86%), Magnesium: 49.09mg (12.27%), Zinc: 1.7mg (11.32%), Vitamin E: 1.64mg (10.9%), Iron: 1.48mg (8.24%), Vitamin B12: 0.48µg (7.97%), Vitamin B3: 1.39mg (6.97%), Copper: 0.11mg (5.43%), Vitamin D: 0.56µg (3.74%)