



## Broccoli and Parmesan Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



261 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 pounds broccoli florets coarsely chopped
- ☐ 4 ounces extrasharp cheddar cheese shredded reduced-fat
- ☐ 0.3 teaspoon mustard dry
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1.5 cups milk fat-free
- ☐ 1.5 ounces flour all-purpose
- ☐ 2 ounces parmesan cheese divided grated
- ☐ 2 tablespoons pimientos diced drained

- ☐ 0.3 teaspoon salt
- ☐ 12 garlic melba toast rounds

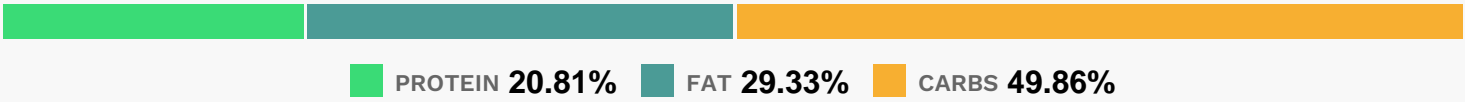
## Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 40
- ☐ Cook broccoli in boiling water 3 minutes or until crisp-tender; drain.
- ☐ Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Place flour, salt, and dry mustard in a large, heavy saucepan over medium heat; gradually add the fat-free milk and chicken broth, stirring with a whisk until blended. Cook for 8 minutes or until it is thick, stirring constantly.
- ☐ Remove from heat, and add shredded cheddar cheese and 6 tablespoons of grated Parmesan cheese, stirring until melted. Stir in pimientos and pepper.
- ☐ Add broccoli, tossing to coat.
- ☐ Spoon the broccoli mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Place garlic melba toast rounds in a food processor; pulse 10 times or until coarse crumbs measure 1 cup.
- ☐ Combine toast crumbs and the remaining 2 tablespoons Parmesan cheese, and sprinkle evenly over broccoli mixture. Spray top of casserole lightly with cooking spray.
- ☐ Bake at 400 for 15 minutes or until bubbly.
- ☐ Let stand for 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:30.53, Glycemic Load:5.32, Inflammation Score:-8, Nutrition Score:23.6556521084%

## Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

## Nutrients (% of daily need)

Calories: 260.54kcal (13.03%), Fat: 8.72g (13.41%), Saturated Fat: 4.18g (26.09%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 29.31g (10.66%), Sugar: 6.05g (6.72%), Cholesterol: 22.05mg (7.35%), Sodium: 657.84mg (28.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.84%), Vitamin C: 105.06mg (127.34%), Vitamin K: 117.75µg (112.15%), Selenium: 23.04µg (32.92%), Calcium: 318.76mg (31.88%), Folate: 120.47µg (30.12%), Phosphorus: 278.11mg (27.81%), Vitamin B2: 0.43mg (25.07%), Vitamin A: 1103.44IU (22.07%), Manganese: 0.44mg (21.92%), Vitamin B1: 0.29mg (19.62%), Fiber: 4.03g (16.11%), Potassium: 524.98mg (15%), Vitamin B6: 0.28mg (13.9%), Iron: 2.36mg (13.1%), Vitamin B3: 2.59mg (12.96%), Zinc: 1.78mg (11.86%), Magnesium: 46.27mg (11.57%), Vitamin B5: 1.05mg (10.46%), Vitamin B12: 0.58µg (9.6%), Vitamin E: 1.14mg (7.63%), Copper: 0.13mg (6.31%), Vitamin D: 0.63µg (4.17%)