



## Broccoli Bean Bake

 Vegetarian

READY IN



**35 min.**

SERVINGS



**8**

CALORIES



**260 kcal**

SIDE DISH

### Ingredients

- 6 cups broccoli florets fresh
- 3 tablespoons butter divided
- 15 ounces great northern beans rinsed drained canned
- 3 tablespoons breadcrumbs dry
- 1 teaspoon garlic minced
- 0.3 cup onion chopped
- 1 teaspoon oregano dried
- 0.1 teaspoon pepper

- 4 ounces pimientos diced drained
- 0.5 teaspoon salt
- 8 ounces cheddar cheese shredded

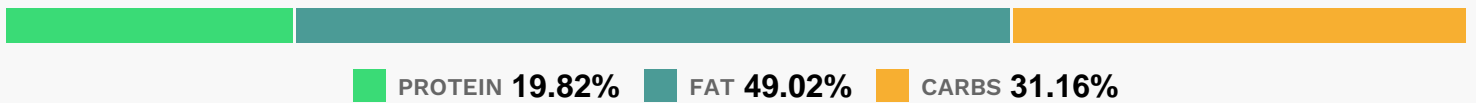
## Equipment

- frying pan
- sauce pan
- oven
- baking pan

## Directions

- Place broccoli in a saucepan; add 1 in. of water. Bring to a boil. Reduce heat; cover and simmer for 5–8 minutes or until crisp-tender. Meanwhile, in a skillet, saute the onion and garlic in 1 tablespoon butter.
- Spread into a greased 11-in. x 7-in. baking dish.
- Drain broccoli; place over onion mixture. Top with beans and pimientos.
- Sprinkle with oregano, salt, pepper, cheese and bread crumbs. Melt remaining butter; pour over the top.
- Bake, uncovered, at 375° for 20–25 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:1.5, Inflammation Score:-9, Nutrition Score:19.606521870779%

## Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 5.4mg, Kaempferol: 5.4mg, Kaempferol: 5.4mg, Kaempferol: 5.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

## Nutrients (% of daily need)

Calories: 259.86kcal (12.99%), Fat: 14.63g (22.5%), Saturated Fat: 8.34g (52.15%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 15.81g (5.75%), Sugar: 2.26g (2.51%), Cholesterol: 39.64mg (13.21%), Sodium: 419.41mg (18.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.31g (26.61%), Vitamin C: 76.93mg (93.25%), Vitamin K: 73.99µg (70.47%), Calcium: 276.23mg (27.62%), Phosphorus: 260.53mg (26.05%), Folate: 99.04µg (24.76%), Vitamin A: 1221.39IU (24.43%), Manganese: 0.44mg (22.11%), Fiber: 5.11g (20.44%), Selenium: 13.03µg (18.62%), Vitamin B2: 0.27mg (15.74%), Potassium: 474.87mg (13.57%), Magnesium: 53.3mg (13.32%), Vitamin B6: 0.25mg (12.63%), Zinc: 1.78mg (11.87%), Vitamin B1: 0.18mg (11.77%), Iron: 1.97mg (10.94%), Copper: 0.15mg (7.59%), Vitamin B5: 0.7mg (6.97%), Vitamin E: 1.04mg (6.91%), Vitamin B3: 1.08mg (5.38%), Vitamin B12: 0.32µg (5.38%), Vitamin D: 0.17µg (1.13%)