



Broccoli Casserole

READY IN



45 min.

SERVINGS



10

CALORIES



328 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 ounce broccoli frozen cooked drained chopped
- 2 tablespoons butter melted
- 10.8 ounce cream of mushroom soup canned
- 2 cups round buttery crackers crushed
- 2 eggs lightly beaten
- 1 cup mayonnaise
- 1 cup sharp cheddar grated

Equipment

- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 350 degrees F. Spray a 13 by 9-inch baking dish with vegetable oil cooking spray.
- In a large mixing bowl, combine broccoli, mayonnaise, cheese, soup and eggs.
- Mix well with a metal spoon.
- Place the mixture in the prepared baking dish. Top with the crushed crackers and pour the melted butter evenly over the crackers.
- Bake for 35 minutes or until set and browned.

Nutrition Facts

PROTEIN 9.46% **FAT 74.35%** **CARBS 16.19%**

Properties

Glycemic Index:15.9, Glycemic Load:0.87, Inflammation Score:-6, Nutrition Score:14.668260838674%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 327.99kcal (16.4%), Fat: 27.43g (42.2%), Saturated Fat: 7.59g (47.43%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 11.63g (4.23%), Sugar: 2.14g (2.38%), Cholesterol: 60.99mg (20.33%), Sodium: 587.27mg (25.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.7%), Vitamin K: 100.84µg (96.04%), Vitamin C: 50.58mg (61.3%), Phosphorus: 153.57mg (15.36%), Manganese: 0.28mg (14.02%), Folate: 54.21µg (13.55%), Calcium: 133.63mg (13.36%), Vitamin B2: 0.21mg (12.45%), Vitamin E: 1.84mg (12.25%), Selenium: 8.41µg (12.02%), Vitamin A: 598.51IU (11.97%), Zinc: 1.21mg (8.03%), Iron: 1.38mg (7.69%), Potassium: 257.85mg (7.37%), Fiber: 1.81g (7.24%), Vitamin B1: 0.11mg (7.24%), Vitamin B6: 0.14mg (7.16%), Vitamin B5: 0.65mg (6.5%), Vitamin B3: 1.24mg (6.18%), Copper: 0.12mg (5.9%), Magnesium: 20.71mg (5.18%), Vitamin B12: 0.28µg (4.64%), Vitamin D: 0.29µg (1.92%)