



 **13%**
HEALTH SCORE

Broccoli Casserole

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

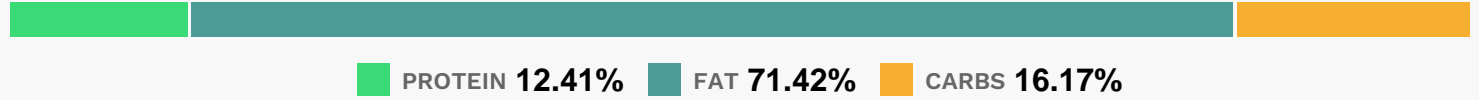
- 20 ounce broccoli cooked drained chopped
- 1 box cheese (better cheddars or cheese nips)
- 1 can cream of mushroom soup
- 2 eggs beaten
- 1 cup mayonnaise
- 1 medium onion chopped
- 1 can peas drained
- 1 teaspoon pepper

1 teaspoon salt

1 cup cheddar cheese shredded

Equipment

Nutrition Facts



Properties

Glycemic Index:29.92, Glycemic Load:2.91, Inflammation Score:-8, Nutrition Score:20.055217391304%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 5.65mg, Kaempferol: 5.65mg, Kaempferol: 5.65mg, Kaempferol: 5.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 349.44kcal (17.47%), Fat: 28.19g (43.37%), Saturated Fat: 6.93g (43.32%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 9.91g (3.6%), Sugar: 4.26g (4.73%), Cholesterol: 68.84mg (22.95%), Sodium: 873.55mg (37.98%), Protein: 11.03g (22.05%), Vitamin K: 128.47µg (122.36%), Vitamin C: 79.89mg (96.83%), Manganese: 0.48mg (24.02%), Folate: 84.97µg (21.24%), Phosphorus: 197.4mg (19.74%), Vitamin A: 962.88IU (19.26%), Fiber: 4.45g (17.78%), Vitamin B2: 0.28mg (16.47%), Calcium: 158.21mg (15.82%), Selenium: 10.61µg (15.16%), Zinc: 1.93mg (12.86%), Vitamin B6: 0.25mg (12.67%), Potassium: 422.67mg (12.08%), Vitamin B1: 0.18mg (12%), Vitamin E: 1.75mg (11.67%), Copper: 0.21mg (10.33%), Magnesium: 37.72mg (9.43%), Iron: 1.69mg (9.38%), Vitamin B3: 1.65mg (8.24%), Vitamin B5: 0.82mg (8.15%), Vitamin B12: 0.34µg (5.73%), Vitamin D: 0.36µg (2.41%)