

 9%
HEALTH SCORE

Broccoli Casserole

READY IN



65 min.

SERVINGS



8

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 ounce broccoli frozen thawed chopped
- 2 tablespoons butter
- 12 round buttery crackers crushed fine
- 10.8 ounce cream of mushroom soup canned
- 2 eggs beaten
- 0.5 teaspoon garlic salt
- 0.3 teaspoon pepper black
- 1.5 teaspoons juice of lemon
- 1 cup mayonnaise

- 1 onion chopped
- 0.5 teaspoon lawry's seasoned salt
- 1 cup sharp cheddar cheese shredded

Equipment

- frying pan
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Melt 3 tablespoons butter in a medium skillet over medium-high heat.
- Saute onion until golden.
- In a 2 quart casserole dish, mix together onion, broccoli, soup, cheese, mayonnaise, eggs, garlic salt, pepper, seasoned salt, and lemon juice.
- Sprinkle crushed crackers over top and dot with remaining 2 tablespoons butter.
- Bake uncovered in preheated oven for 45 minutes, until heated through and browned on top.

Nutrition Facts



PROTEIN 9.97% **FAT 77.57%** **CARBS 12.46%**

Properties

Glycemic Index:27.25, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:16.739130517711%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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 Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 364.19kcal (18.21%), Fat: 31.87g (49.03%), Saturated Fat: 8.92g (55.76%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 9.24g (3.36%), Sugar: 2.43g (2.7%), Cholesterol: 76.23mg (25.41%), Sodium: 932.73mg (40.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.43%), Vitamin K: 120.96µg (115.2%), Vitamin C: 64.6mg (78.3%), Phosphorus: 167.46mg (16.75%), Manganese: 0.32mg (16.02%), Folate: 63.01µg (15.75%), Calcium: 154.54mg (15.45%), Vitamin A: 748.81IU (14.98%), Selenium: 10.11µg (14.44%), Vitamin B2: 0.24mg (14.16%), Vitamin E: 1.94mg (12.9%), Zinc: 1.47mg (9.79%), Vitamin B6: 0.19mg (9.49%), Potassium: 331.74mg (9.48%), Fiber: 2.27g (9.1%), Vitamin B5: 0.79mg (7.93%), Iron: 1.3mg (7.21%), Copper: 0.14mg (7.05%), Vitamin B1: 0.1mg (6.39%), Magnesium: 25.43mg (6.36%), Vitamin B12: 0.35µg (5.8%), Vitamin B3: 1.05mg (5.25%), Vitamin D: 0.36µg (2.4%)