



Broccoli Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

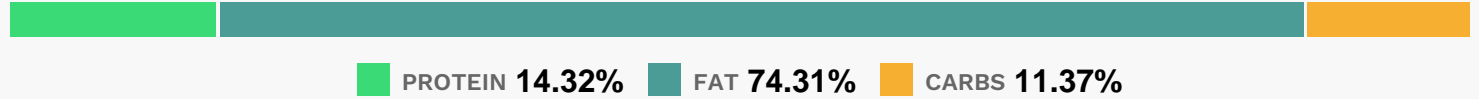
- 20 ounce broccoli frozen
- 0.5 cup butter
- 5 ounce water chestnuts sliced canned
- 1 cup cheese
- 2 cups cheese crushed
- 10.5 ounce cream of mushroom soup canned
- 0.3 cup mayonnaise

Equipment

Directions

- cook broccoli;and drain.mix broccoli, mushroom soup, cheese, mayo,and waterchestnuts together.put into caserole dish,sprinkle cheese nips over, slice butter on top.cook at 350 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:1.22, Inflammation Score:-8, Nutrition Score:18.135217314181%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 382.83kcal (19.14%), Fat: 32.32g (49.72%), Saturated Fat: 16.78g (104.87%), Carbohydrates: 11.13g (3.71%), Net Carbohydrates: 8.52g (3.1%), Sugar: 2.07g (2.3%), Cholesterol: 77.68mg (25.89%), Sodium: 702.13mg (30.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.03%), Vitamin K: 85.76µg (81.68%), Vitamin C: 63.57mg (77.06%), Calcium: 339.42mg (33.94%), Phosphorus: 261.84mg (26.18%), Vitamin A: 1225.24IU (24.5%), Selenium: 14.26µg (20.37%), Vitamin B2: 0.31mg (17.94%), Zinc: 2.38mg (15.89%), Manganese: 0.29mg (14.69%), Folate: 58.52µg (14.63%), Vitamin B6: 0.21mg (10.65%), Vitamin E: 1.57mg (10.45%), Fiber: 2.61g (10.43%), Potassium: 340.88mg (9.74%), Vitamin B12: 0.54µg (9.02%), Magnesium: 30.7mg (7.68%), Copper: 0.15mg (7.61%), Vitamin B5: 0.72mg (7.19%), Iron: 1.1mg (6.13%), Vitamin B1: 0.07mg (4.96%), Vitamin B3: 0.92mg (4.58%), Vitamin D: 0.27µg (1.79%)