



 **16%**
HEALTH SCORE

Broccoli Casserole

READY IN



85 min.

SERVINGS



8

CALORIES



478 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 servings flavor pack from ramen
- 0.3 cup cheese dressing blue
- 6 cups broccoli salted peeled chopped
- 2 eggs
- 1.5 teaspoon pepper fresh black
- 0.5 cup mayonnaise
- 12 ounces mushrooms sliced
- 12 ounces mushrooms sliced
- 0.5 cup yogurt plain

- 1 package japanese ramen noodles flavored
- 0.5 teaspoon salt
- 1.3 cup sharp cheddar cheese shredded

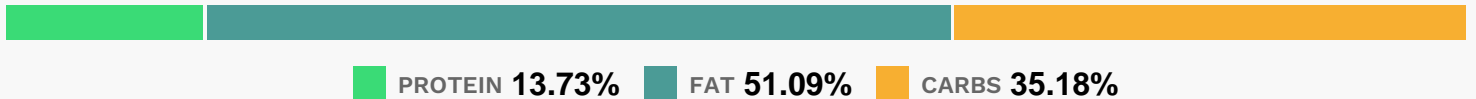
Equipment

- bowl
- oven
- baking pan

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- In a bowl combine mayonnaise, yogurt, cheddar cheese, blue cheese dressing, eggs, salt, pepper, and flavor pack from noodles. In a separate bowl combine broccoli, mushrooms, and broken noodles then toss together wet mixture and vegetables to evenly coat.
- Place in an 8 by 8-inch baking dish that has been sprayed with non-stick cooking spray and cook for 45 minutes covered. Then remove cover and bake for additional 15 minutes to brown. Cool for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:4.86, Inflammation Score:-7, Nutrition Score:26.589130339415%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 478.31kcal (23.92%), Fat: 27.72g (42.64%), Saturated Fat: 10.13g (63.3%), Carbohydrates: 42.94g (14.31%), Net Carbohydrates: 39.09g (14.21%), Sugar: 4.92g (5.47%), Cholesterol: 66.55mg (22.18%), Sodium: 1571.53mg

(68.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.75g (33.51%), Vitamin K: 92.4µg (88%), Vitamin C: 61.06mg (74.01%), Vitamin B1: 0.89mg (59.19%), Vitamin B2: 0.72mg (42.64%), Selenium: 24.44µg (34.91%), Folate: 125.93µg (31.48%), Phosphorus: 310.57mg (31.06%), Vitamin B3: 5.77mg (28.84%), Manganese: 0.51mg (25.73%), Vitamin B5: 2.14mg (21.41%), Calcium: 211.03mg (21.1%), Copper: 0.41mg (20.48%), Iron: 3.45mg (19.15%), Potassium: 638.42mg (18.24%), Fiber: 3.85g (15.41%), Zinc: 2.2mg (14.66%), Vitamin B6: 0.29mg (14.53%), Vitamin E: 2.1mg (14%), Vitamin A: 675.39IU (13.51%), Magnesium: 43.7mg (10.93%), Vitamin B12: 0.52µg (8.67%), Vitamin D: 0.54µg (3.6%)