



Broccoli Casserole

READY IN



45 min.

SERVINGS



10

CALORIES



372 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound broccoli cut into pieces
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup mayonnaise
- ☐ 10 servings bell pepper
- ☐ 1 round buttery crackers crushed
- ☐ 0.3 lb butter salted cut into pieces
- ☐ 1.5 cups cheddar cheese shredded

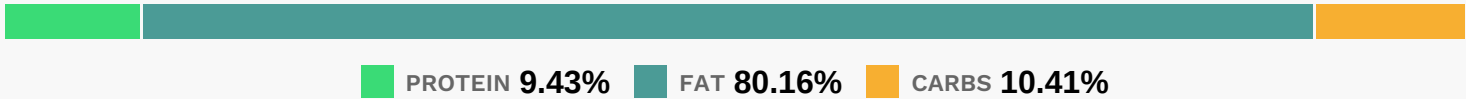
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350F. Mist a 9-by-13-inch baking dish with cooking spray.
- ☐ Steam broccoli until crisp-tender, 7 minutes.
- ☐ Transfer to a bowl of ice water.
- ☐ Mix soup, eggs, mayonnaise, cheese, butter and pepper in a saucepan and cook over medium-low heat, stirring constantly, until melted and combined.
- ☐ Drain broccoli; spread evenly in baking dish.
- ☐ Pour cheese mixture on top.
- ☐ Sprinkle with crackers.
- ☐ Bake for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:19.1, Glycemic Load:1.7, Inflammation Score:-10, Nutrition Score:19.829565048218%

Flavonoids

Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 371.94kcal (18.6%), Fat: 33.86g (52.09%), Saturated Fat: 12.49g (78.09%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 7.09g (2.58%), Sugar: 4.15g (4.61%), Cholesterol: 89.46mg (29.82%), Sodium: 576.88mg (25.08%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.92%), Vitamin C: 135.82mg (164.63%), Vitamin K: 87.81µg (83.63%), Vitamin A: 3136.96IU (62.74%), Folate: 74.92µg (18.73%), Vitamin E: 2.77mg (18.48%), Vitamin B6: 0.34mg (16.97%), Phosphorus: 163.82mg (16.38%), Calcium: 158.16mg (15.82%), Vitamin B2: 0.26mg (15.53%), Manganese: 0.28mg (13.89%), Selenium: 9.72µg (13.88%), Fiber: 2.81g (11.25%), Potassium: 373.34mg (10.67%), Zinc: 1.5mg (10.03%), Vitamin B5: 0.83mg (8.29%), Magnesium: 26.88mg (6.72%), Vitamin B3: 1.33mg (6.65%), Iron: 1.13mg (6.28%), Vitamin B1: 0.09mg (6.11%), Vitamin B12: 0.36µg (6.06%), Copper: 0.11mg (5.66%), Vitamin D: 0.35µg (2.31%)