



Broccoli Casserole

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



38 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 oz broccoli florets frozen thawed drained
- 0.8 cup cheez whiz cheese dip
- 10 oz cream of mushroom soup canned
- 6 oz stove top stuffing mix for chicken

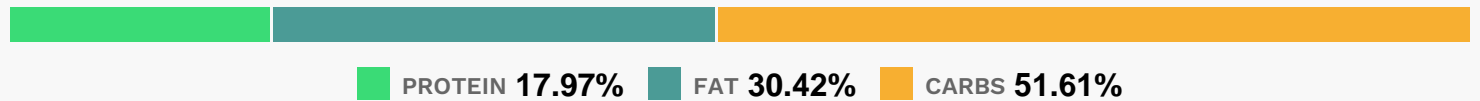
Equipment

- oven
- casserole dish

Directions

- Heat oven to 350F.
- Prepare stuffing as directed on package, using just 3 Tbsp. margarine.
- Mix remaining ingredients in 2-qt. casserole dish sprayed with cooking spray; top with stuffing.
- Bake 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:0.8, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:3.1591304702603%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 37.8kcal (1.89%), Fat: 1.3g (2%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.43g (1.61%), Sugar: 0.89g (0.99%), Cholesterol: 3.72mg (1.24%), Sodium: 187.34mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.45%), Vitamin C: 12.66mg (15.35%), Vitamin K: 14.51µg (13.81%), Phosphorus: 53.16mg (5.32%), Folate: 16.57µg (4.14%), Manganese: 0.08mg (3.81%), Selenium: 2.4µg (3.42%), Vitamin B2: 0.05mg (2.86%), Calcium: 27mg (2.7%), Vitamin B1: 0.04mg (2.46%), Vitamin A: 117.18IU (2.34%), Potassium: 74.83mg (2.14%), Fiber: 0.53g (2.13%), Vitamin B3: 0.4mg (2%), Iron: 0.32mg (1.8%), Vitamin B6: 0.03mg (1.71%), Zinc: 0.25mg (1.66%), Copper: 0.03mg (1.56%), Magnesium: 5.17mg (1.29%), Vitamin B5: 0.11mg (1.12%)