



## Broccoli Casserole II

READY IN



45 min.

SERVINGS



8

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup breadcrumbs
- 16 ounce broccoli frozen chopped
- 10.8 ounce cream of mushroom soup canned
- 2 eggs beaten
- 0.5 cup mayonnaise
- 0.5 cup nacho cheese dip

### Equipment

- oven

casserole dish

## Directions

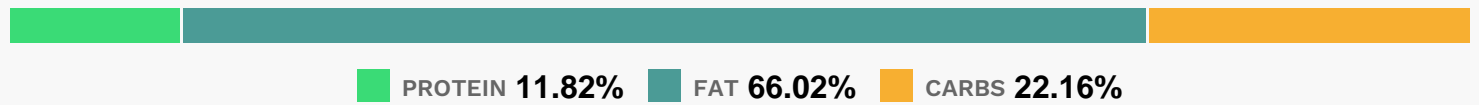
Preheat oven to 350 F (175 degrees C).

In a 4 quart casserole dish combine broccoli, mayonnaise, processed cheese, eggs and mushroom soup.

Mix well, sprinkle bread crumbs on top.

Bake for 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:10.25, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:12.536521605823%

## Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

## Nutrients (% of daily need)

Calories: 209.09kcal (10.45%), Fat: 15.65g (24.07%), Saturated Fat: 3.18g (19.85%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 9.96g (3.62%), Sugar: 2.09g (2.33%), Cholesterol: 50.04mg (16.68%), Sodium: 564.13mg (24.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.61%), Vitamin K: 81.13µg (77.27%), Vitamin C: 50.58mg (61.3%), Manganese: 0.3mg (14.97%), Folate: 51.48µg (12.87%), Vitamin A: 500.99IU (10.02%), Vitamin B2: 0.17mg (9.96%), Selenium: 6.82µg (9.74%), Phosphorus: 84.33mg (8.43%), Vitamin B1: 0.12mg (7.93%), Fiber: 1.85g (7.42%), Potassium: 258.38mg (7.38%), Vitamin B6: 0.14mg (7.12%), Iron: 1.23mg (6.82%), Vitamin E: 1.02mg (6.82%), Copper: 0.13mg (6.59%), Vitamin B5: 0.63mg (6.27%), Zinc: 0.91mg (6.08%), Calcium: 58.36mg (5.84%), Vitamin B3: 1.16mg (5.81%), Magnesium: 18.94mg (4.73%), Vitamin B12: 0.2µg (3.32%), Vitamin D: 0.25µg (1.65%)