



## Broccoli Casserole III

READY IN



45 min.

SERVINGS



8

CALORIES



290 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 20 ounce broccoli frozen chopped
- 0.3 pound butter
- 32 round buttery crackers crushed
- 8 ounces processed cheese food shredded

### Equipment

- frying pan
- oven
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place broccoli in casserole dish and cover with cheese.
- In a large skillet over medium heat, melt the butter; add the cracker crumbs and stir until evenly coated.
- Sprinkle over cheese.
- Bake for 30 minutes.

## Nutrition Facts

**PROTEIN 10.91%** **FAT 71.13%** **CARBS 17.96%**

## Properties

Glycemic Index:13.63, Glycemic Load:1.2, Inflammation Score:-7, Nutrition Score:15.998260679452%

## 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: 289.95kcal (14.5%), Fat: 23.56g (36.24%), Saturated Fat: 13.14g (82.12%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 11.27g (4.1%), Sugar: 2.83g (3.15%), Cholesterol: 58.83mg (19.61%), Sodium: 694.09mg (30.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.25%), Vitamin C: 63.22mg (76.63%), Vitamin K: 80.02µg (76.21%), Calcium: 351.45mg (35.14%), Phosphorus: 264.66mg (26.47%), Vitamin A: 1063.67IU (21.27%), Folate: 55.98µg (14%), Selenium: 8.19µg (11.7%), Manganese: 0.23mg (11.26%), Vitamin B2: 0.19mg (10.93%), Vitamin E: 1.53mg (10.18%), Fiber: 2.12g (8.47%), Potassium: 279.06mg (7.97%), Vitamin B12: 0.45µg (7.49%), Vitamin B6: 0.15mg (7.35%), Vitamin B1: 0.11mg (7.22%), Zinc: 1.08mg (7.22%), Iron: 1.24mg (6.86%), Magnesium: 24.82mg (6.2%), Vitamin B5: 0.58mg (5.8%), Vitamin B3: 1.07mg (5.33%), Copper: 0.06mg (3.13%), Vitamin D: 0.17µg (1.13%)