



## Broccoli Cauliflower Casserole

READY IN



60 min.

SERVINGS



10

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 teaspoon pepper black mccormick®
- 16 ounces broccoli florets frozen thawed
- 2 tablespoons butter
- 2 tablespoons butter melted
- 16 ounces cauliflower florets frozen thawed
- 0.5 package cream cheese cubed
- 0.5 cup bread crumbs plain dry
- 2 tablespoons flour
- 1 teaspoon garlic salt mccormick®

- 1.5 teaspoons penzey's southwest seasoning italian divided mccormick® perfect pinch®
- 1.3 cups milk
- 1 cup onion chopped
- 0.3 cup parmesan cheese divided grated

## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F.
- Mix bread crumbs, 2 tablespoons of the Parmesan cheese, 2 tablespoons melted butter and 1/2 teaspoon of the Italian seasoning in small bowl. Set aside.
- Cut up any large broccoli or cauliflower florets into bite-size pieces.
- Melt 2 tablespoons butter in large skillet on medium heat.
- Add onion; cook and stir about 5 minutes or until tender. Stir in flour, remaining 1 teaspoon Italian seasoning, garlic salt and pepper.
- Add milk; cook and stir until thickened and bubbly.
- Add cream cheese and remaining 1/4 cup Parmesan cheese; cook and stir until cream cheese is melted.
- Add vegetables; toss gently to coat. Spoon into 2-quart baking dish.
- Sprinkle top evenly with crumb mixture.
- Bake 40 minutes or until heated through and top is lightly browned.
- Substitute 1 teaspoon McCormick Perfect Pinch Lemon & Pepper Seasoning and 1/2 teaspoon McCormick Basil Leaves for the Italian Seasoning.

## Nutrition Facts



■ PROTEIN 12.92% ■ FAT 54.56% ■ CARBS 32.52%

## Properties

Glycemic Index:36.8, Glycemic Load:2.9, Inflammation Score:-7, Nutrition Score:13.361739075702%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 3.82mg, Kaempferol: 3.82mg, Kaempferol: 3.82mg, Kaempferol: 3.82mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

## Nutrients (% of daily need)

Calories: 169.4kcal (8.47%), Fat: 10.73g (16.51%), Saturated Fat: 6.31g (39.41%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 11.61g (4.22%), Sugar: 4.56g (5.07%), Cholesterol: 29.29mg (9.76%), Sodium: 428.24mg (18.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.43%), Vitamin C: 63.51mg (76.99%), Vitamin K: 56.43µg (53.75%), Folate: 68.05µg (17.01%), Manganese: 0.27mg (13.63%), Vitamin A: 651.02IU (13.02%), Phosphorus: 125.68mg (12.57%), Calcium: 122.16mg (12.22%), Vitamin B2: 0.19mg (11.42%), Fiber: 2.78g (11.13%), Potassium: 385.61mg (11.02%), Vitamin B6: 0.22mg (10.98%), Vitamin B1: 0.15mg (9.83%), Selenium: 5.85µg (8.36%), Vitamin B5: 0.81mg (8.14%), Magnesium: 27.15mg (6.79%), Iron: 1.03mg (5.71%), Vitamin B3: 1.05mg (5.23%), Zinc: 0.73mg (4.86%), Vitamin E: 0.71mg (4.73%), Vitamin B12: 0.25µg (4.2%), Copper: 0.07mg (3.41%), Vitamin D: 0.35µg (2.32%)