



Broccoli Cauliflower Casserole

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



672 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups broccoli
- ☐ 0.5 cup butter melted
- ☐ 2 cups cauliflower
- ☐ 15 ounce seasoned croutons crushed
- ☐ 2 eggs
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup onion chopped
- ☐ 1 cup cheddar cheese shredded divided

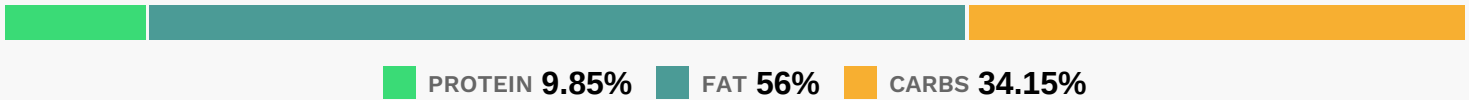
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Put broccoli and cauliflower in separate saucepans and pour enough water into the saucepans to cover the vegetables completely; bring each to a boil and cook until tender, 3 to 4 minutes.
- ☐ Drain each and mix in a 11x7-inch baking dish.
- ☐ Beat eggs in a bowl until creamy.
- ☐ Mix mayonnaise, onion, and 1/2 cup Cheddar cheese into the eggs; pour over the vegetables.
- ☐ Pour melted butter over the broccoli mixture and top with the remaining Cheddar cheese.
- ☐ Sprinkle croutons over the entire dish.
- ☐ Bake in preheated oven until browned and bubbling, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:36.06, Inflammation Score:-8, Nutrition Score:21.656087129012%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 672.48kcal (33.62%), Fat: 42g (64.61%), Saturated Fat: 17.13g (107.09%), Carbohydrates: 57.62g (19.21%), Net Carbohydrates: 52.35g (19.04%), Sugar: 1.93g (2.15%), Cholesterol: 121.9mg (40.63%), Sodium: 899.08mg (39.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.62g (33.25%), Vitamin K: 67.39µg (64.18%), Selenium: 38.03µg (54.33%), Vitamin C: 43.22mg (52.39%), Folate: 145.92µg (36.48%), Vitamin B1: 0.5mg (33.29%), Manganese: 0.49mg (24.61%), Phosphorus: 243.15mg (24.32%), Vitamin B2: 0.41mg (24.16%), Calcium: 225.45mg (22.54%), Vitamin B3: 4.26mg (21.28%), Fiber: 5.27g (21.08%), Iron: 3.6mg (20.02%), Vitamin A: 935.78IU (18.72%), Zinc: 1.79mg (11.93%), Vitamin E: 1.6mg (10.7%), Vitamin B5: 1.07mg (10.66%), Magnesium: 41.87mg (10.47%), Potassium: 342.73mg (9.79%), Vitamin B6: 0.19mg (9.35%), Copper: 0.17mg (8.42%), Vitamin B12: 0.38µg (6.41%), Vitamin D: 0.44µg (2.96%)