



 4%
HEALTH SCORE

Broccoli Cheddar Casserole

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



16

CALORIES



308 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 cups broccoli fresh chopped
- 1 cup onion finely chopped
- 0.8 cup butter cubed
- 12 large eggs
- 2 cups cup heavy whipping cream
- 2 cups cheddar cheese shredded divided
- 2 teaspoons salt
- 1 teaspoon pepper

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- baking pan

Directions

- In a large skillet over medium heat, saute broccoli and onion in butter until crisp-tender; set aside. In a large bowl, whisk the eggs, cream and 1-3/4 cups of the cheese. Stir in the broccoli mixture, salt and pepper.
- Pour into a greased 3-qt. baking dish; set in a large pan filled with 1 in. of hot water.
- Bake, uncovered, at 350° for 45-50 minutes or until a knife inserted in the center comes out clean.
- Sprinkle with remaining cheese.
- Let stand for 10 minutes before serving.

Nutrition Facts

PROTEIN 13.14% **FAT 79.99%** **CARBS 6.87%**

Properties

Glycemic Index:10.5, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:13.393043466236%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 307.97kcal (15.4%), Fat: 27.91g (42.95%), Saturated Fat: 16.25g (101.59%), Carbohydrates: 5.4g (1.8%), Net Carbohydrates: 4.06g (1.47%), Sugar: 2.23g (2.48%), Cholesterol: 210.12mg (70.04%), Sodium: 527.71mg (22.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.32g (20.63%), Vitamin C: 40.17mg (48.69%), Vitamin K: 47.27µg (45.02%), Vitamin A: 1322.27IU (26.45%), Selenium: 17.67µg (25.24%), Vitamin B2: 0.35mg (20.45%), Phosphorus: 190.89mg (19.09%), Calcium: 166.77mg (16.68%), Folate: 51.74µg (12.94%), Vitamin B5: 0.99mg (9.87%), Vitamin B12: 0.55µg (9.15%), Vitamin E: 1.37mg (9.11%), Vitamin D: 1.31µg (8.74%), Vitamin B6: 0.17mg (8.68%), Zinc: 1.28mg (8.55%), Potassium: 248.8mg (7.11%), Manganese: 0.13mg (6.71%), Iron: 1.07mg (5.93%), Fiber: 1.35g (5.38%), Magnesium: 21.07mg (5.27%), Vitamin B1: 0.06mg (4.1%), Copper: 0.06mg (3.11%), Vitamin B3: 0.35mg (1.77%)