



WHATSheATE



Broccoli Cheese Bake



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cups broccoli fresh
- ☐ 0.5 cup butter
- ☐ 2 eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.3 cups milk
- ☐ 1 small onion chopped
- ☐ 8 servings salt and pepper to taste
- ☐ 4 cups swiss cheese shredded

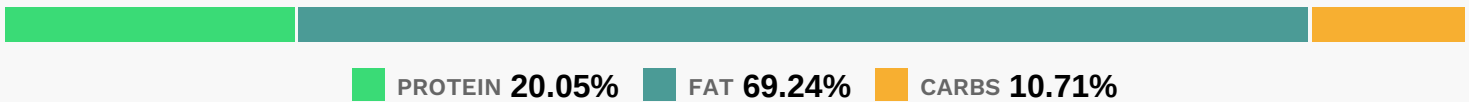
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes.
- ☐ Drain.
- ☐ Melt butter in a medium saucepan over medium heat and add flour; cook until bubbly. Stir in onion and gradually add milk, stirring well. Bring to a boil and cook for 1 minute.
- ☐ Remove from heat and season with salt and pepper. Stir in cheese and eggs; mix well.
- ☐ Combine mixture with broccoli and transfer to a 9 x 13 inch casserole dish.
- ☐ Bake in preheated oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:3.24, Inflammation Score:-8, Nutrition Score:23.611739448879%

Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 6.96mg, Kaempferol: 6.96mg, Kaempferol: 6.96mg, Kaempferol: 6.96mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 392.79kcal (19.64%), Fat: 30.86g (47.48%), Saturated Fat: 18.28g (114.25%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 8.25g (3%), Sugar: 3.76g (4.17%), Cholesterol: 126.22mg (42.07%), Sodium: 444.45mg (19.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.11g (40.22%), Vitamin C: 79.14mg (95.93%), Vitamin

K: 91.7µg (87.33%), Calcium: 580.83mg (58.08%), Phosphorus: 436.29mg (43.63%), Selenium: 23.38µg (33.4%), Vitamin B12: 1.96µg (32.64%), Vitamin A: 1472.32IU (29.45%), Vitamin B2: 0.39mg (22.7%), Zinc: 3.06mg (20.4%), Folate: 70.99µg (17.75%), Vitamin B6: 0.25mg (12.28%), Potassium: 407.01mg (11.63%), Magnesium: 43.77mg (10.94%), Manganese: 0.22mg (10.83%), Vitamin B5: 1.08mg (10.81%), Fiber: 2.49g (9.95%), Vitamin E: 1.48mg (9.85%), Vitamin B1: 0.11mg (7.57%), Iron: 1.01mg (5.64%), Vitamin D: 0.64µg (4.26%), Copper: 0.08mg (4.15%), Vitamin B3: 0.77mg (3.85%)