



## Broccoli & Cheese Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 16 ounces broccoli flowerets frozen thawed
- 2 teaspoons butter melted
- 10.8 ounces campbell's® condensed cream of mushroom soup fat free 98% 25% canned (Regular, or Less Sodium)
- 0.3 cup bread crumbs dry
- 0.5 cup milk
- 4 ounces cheddar cheese shredded
- 2 teaspoons mustard yellow

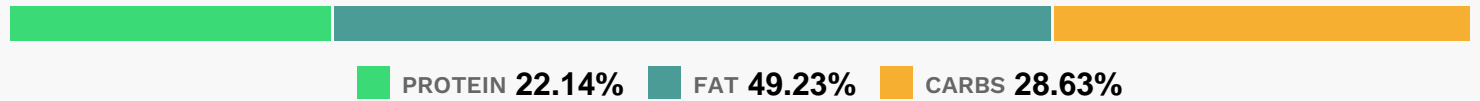
## Equipment

bowl

## Directions

- Stir the soup, milk, mustard, broccoli and cheese in a 1 1/2-quart casserole.
- Mix the bread crumbs with the butter in a small bowl and sprinkle over the broccoli mixture.
- Add 2 cups cooked white rice to the broccoli mixture. Cheese Change-Up: Use mozzarella cheese for Cheddar.

## Nutrition Facts



## Properties

Glycemic Index:29.83, Glycemic Load:1.47, Inflammation Score:-7, Nutrition Score:16.303913116455%

## Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

## Nutrients (% of daily need)

Calories: 182.66kcal (9.13%), Fat: 10.3g (15.85%), Saturated Fat: 5.64g (35.22%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 11.07g (4.03%), Sugar: 2.72g (3.02%), Cholesterol: 27.46mg (9.15%), Sodium: 589.37mg (25.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.85%), Vitamin C: 67.44mg (81.75%), Vitamin K: 78.16µg (74.44%), Calcium: 208.62mg (20.86%), Manganese: 0.38mg (18.8%), Phosphorus: 183.82mg (18.38%), Folate: 61.74µg (15.43%), Vitamin B2: 0.26mg (15.07%), Vitamin A: 736.13IU (14.72%), Selenium: 9.72µg (13.89%), Zinc: 1.74mg (11.63%), Potassium: 362.6mg (10.36%), Fiber: 2.41g (9.64%), Vitamin B1: 0.14mg (9.46%), Vitamin B6: 0.19mg (9.33%), Copper: 0.16mg (8.08%), Magnesium: 30.39mg (7.6%), Vitamin B5: 0.72mg (7.24%), Iron: 1.25mg (6.97%), Vitamin B12: 0.42µg (6.92%), Vitamin B3: 1.38mg (6.9%), Vitamin E: 0.79mg (5.27%), Vitamin D: 0.34µg (2.25%)