



Broccoli-Cheese Casserole

READY IN



40 min.

SERVINGS



6

CALORIES



789 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon pepper black
- 2 pounds blanched broccoli florets fresh frozen drained
- 1 stick butter melted
- 1 pound camembert cheese cut cubes plus extra to put on top sliced thin
- 1 teaspoon cayenne
- 4 cups round buttery crackers crumbled (recommended: Ritz crackers)
- 1 teaspoon freshly oregano leaves chopped
- 2 tablespoons paprika smoked
- 1 teaspoon freshly thyme leaves chopped

- 1 pound velveeta cubed

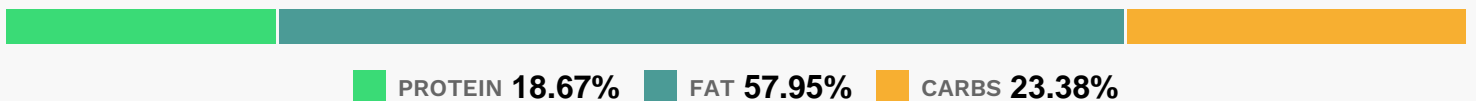
Equipment

- bowl
- paper towels
- oven
- pot
- casserole dish
- aluminum foil
- ziploc bags

Directions

- Watch how to make this recipe.
- Preheat oven 450 degrees F.
- In a large stock pot of boiling salted water, blanch broccoli florets for 3 minutes.
- Remove from water and shock in a large bowl of ice water.
- Remove from ice water and drain on a paper towel lined platter. Set aside.
- Using a plastic bag, crush crackers.
- Add the thyme, oregano, paprika, cayenne, pepper and melted butter until well combined. Set aside.
- In a large casserole dish lightly greased with butter add broccoli and cheeses.
- Pour cracker topping on top of cheese and broccoli. Wrap with foil and bake for 15 to 20 minutes in oven.
- Remove from oven. Take foil off and allow to rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:2.3, Inflammation Score:-10, Nutrition Score:39.580869571022%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 11.85mg, Kaempferol: 11.85mg, Kaempferol: 11.85mg, Kaempferol: 11.85mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg

Nutrients (% of daily need)

Calories: 789.24kcal (39.46%), Fat: 51.91g (79.86%), Saturated Fat: 29.05g (181.55%), Carbohydrates: 47.12g (15.71%), Net Carbohydrates: 40.92g (14.88%), Sugar: 12.91g (14.34%), Cholesterol: 126.67mg (42.22%), Sodium: 2361.33mg (102.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.62g (75.25%), Vitamin K: 182.9µg (174.19%), Vitamin C: 135.76mg (164.56%), Phosphorus: 1260.7mg (126.07%), Calcium: 881.38mg (88.14%), Vitamin A: 4089.83IU (81.8%), Vitamin B2: 1.19mg (69.79%), Folate: 174.1µg (43.52%), Manganese: 0.76mg (37.8%), Zinc: 4.7mg (31.32%), Potassium: 1011.52mg (28.9%), Vitamin E: 4.02mg (26.8%), Vitamin B6: 0.53mg (26.32%), Fiber: 6.2g (24.79%), Selenium: 17.01µg (24.3%), Iron: 4.05mg (22.49%), Vitamin B5: 2.14mg (21.43%), Vitamin B1: 0.32mg (21.13%), Vitamin B3: 3.7mg (18.5%), Vitamin B12: 1.01µg (16.91%), Magnesium: 62.65mg (15.66%), Copper: 0.17mg (8.74%), Vitamin D: 0.3µg (2.02%)