



Broccoli-Corn Casserole

 Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 cups broccoli florets frozen thawed drained (from two 22-oz bags)
- ☐ 29.5 oz corn sweet cream style canned
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 eggs slightly beaten
- ☐ 2 tablespoons butter melted
- ☐ 0.8 cup pepperidge farm sage and onion stuffing stuffing

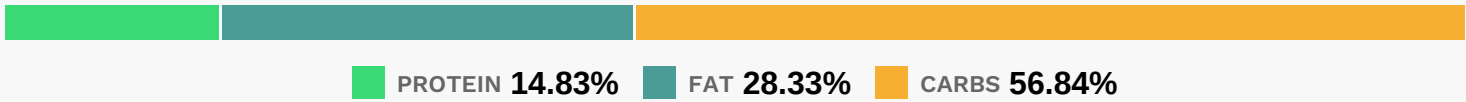
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In ungreased 3-quart casserole or 13x9-inch (3-quart) glass baking dish, mix broccoli, corn, salt, pepper and eggs. In small bowl, mix melted butter and stuffing; sprinkle evenly over vegetable mixture.
- ☐ Bake uncovered about 1 hour or until stuffing is golden and vegetables are hot.

Nutrition Facts



Properties

Glycemic Index:7.47, Glycemic Load:6.13, Inflammation Score:-6, Nutrition Score:11.689130684604%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 4.46mg, Kaempferol: 4.46mg, Kaempferol: 4.46mg, Kaempferol: 4.46mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 106.64kcal (5.33%), Fat: 3.73g (5.74%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 13.84g (5.03%), Sugar: 3.56g (3.95%), Cholesterol: 20.46mg (6.82%), Sodium: 161.19mg (7.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Vitamin C: 53.61mg (64.98%), Vitamin K: 59.57µg (56.74%), Folate: 54.12µg (13.53%), Vitamin A: 613.61IU (12.27%), Fiber: 3.01g (12.05%), Manganese: 0.23mg (11.41%), Selenium: 7.89µg (11.26%), Phosphorus: 93.06mg (9.31%), Vitamin B6: 0.19mg (9.28%), Potassium: 309.37mg (8.84%), Vitamin B5: 0.83mg (8.34%), Vitamin B2: 0.13mg (7.78%), Vitamin B1: 0.1mg (6.94%), Vitamin B3: 1.39mg (6.93%), Magnesium: 27.43mg (6.86%), Vitamin E: 0.73mg (4.89%), Iron: 0.85mg (4.74%), Zinc: 0.65mg (4.37%), Calcium: 35.09mg (3.51%), Copper: 0.06mg (3.23%)