



## Broccoli Corn Casserole

READY IN



55 min.

SERVINGS



6

CALORIES



475 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.3 cups breadcrumbs divided soft ( 2 slices)
- 3 cups broccoli frozen thawed chopped
- 0.3 cup butter divided melted
- 14 ounces corn cream-style canned
- 1.5 cups oatmeal cornflakes divided crushed
- 2 eggs
- 2 tablespoons onion chopped
- 0.1 teaspoon pepper
- 1 teaspoon salt

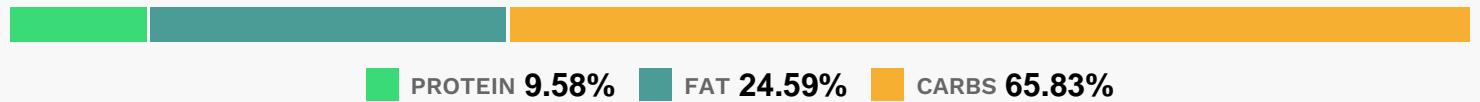
## Equipment

- bowl
- oven
- baking pan
- kitchen thermometer

## Directions

- In a small bowl, combine 1/4 cup of cornflake crumbs and 1/3 cup bread crumbs.
- Drizzle with 2 tablespoons butter and toss to coat; set aside. In a large bowl, combine the corn, broccoli, eggs, onion, salt, pepper and the remaining cornflakes, bread crumbs and butter.
- Transfer to a greased 1-1/2-qt. baking dish.
- Sprinkle with reserved crumb mixture.
- Bake, uncovered, at 350° for 45 minutes or until a thermometer reads 160°.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:0.65, Inflammation Score:-9, Nutrition Score:35.368695590807%

## Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

## Nutrients (% of daily need)

Calories: 475.45kcal (23.77%), Fat: 13.5g (20.76%), Saturated Fat: 7.38g (46.1%), Carbohydrates: 81.28g (27.09%), Net Carbohydrates: 76.31g (27.75%), Sugar: 10.1g (11.22%), Cholesterol: 81.67mg (27.22%), Sodium: 1272.69mg (55.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.66%), Iron: 19.03mg (105.7%), Folate: 299.31µg (74.83%), Vitamin B1: 1.07mg (71.02%), Vitamin B2: 1.15mg (67.56%), Vitamin C: 54.63mg (66.22%), Vitamin B3: 13.02mg (65.08%), Vitamin B6: 1.23mg (61.7%), Vitamin B12: 3.19µg (53.13%), Vitamin K: 47.37µg

(45.12%), Vitamin A: 1774.08IU (35.48%), Selenium: 16.59µg (23.7%), Manganese: 0.46mg (22.91%), Fiber: 4.97g (19.88%), Phosphorus: 193.33mg (19.33%), Vitamin D: 2.42µg (16.15%), Magnesium: 55.65mg (13.91%), Copper: 0.24mg (12.16%), Potassium: 399.91mg (11.43%), Zinc: 1.66mg (11.04%), Vitamin B5: 0.87mg (8.74%), Calcium: 79.23mg (7.92%), Vitamin E: 0.93mg (6.17%)