



## Broccoli-Mushroom Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 5 cups broccoli florets
- 0.3 teaspoon pepper red crushed
- 1 teaspoon dijon mustard
- 2 tablespoons flour all-purpose
- 3 cloves garlic minced
- 1.3 cups milk low-fat
- 1 cup mushrooms sliced
- 1 tablespoon olive oil
- 1 small onion thinly sliced

- 2 tablespoons parmesan grated
- 8 servings salt and pepper
- 0.3 cup seasoned bread crumbs
- 3 tablespoons butter unsalted

## Equipment

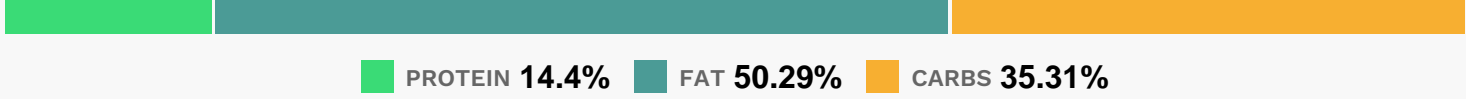
- frying pan
- oven
- whisk
- pot
- baking pan
- wooden spoon

## Directions

- Preheat oven to 350F. Mist a 9-inch baking dish with cooking spray. Bring a pot of salted water to a boil.
- Add broccoli; cook for 4 minutes.
- Drain; rinse under cold water. Pat dry; transfer to baking dish.
- Warm oil in a skillet over medium heat. Saut onion for 3 minutes.
- Add garlic and mushrooms; saut for 2 minutes. Raise heat to high; saut for 3 minutes.
- Add to baking dish and season mixture with salt, pepper and red pepper.
- Wipe out skillet; return to medium heat. Melt 2 T bsp. butter, then add flour. Cook, stirring, until smooth, 2 minutes.
- Whisk in milk; bring to a boil.
- Whisk for 5 minutes, until thickened.
- Add mustard; season with salt and pepper.
- Drizzle over broccoli mixture, spreading with a wooden spoon to cover
- Melt remaining 1 Tbsp. butter.
- Combine bread crumbs and Parmesan. Stir in melted butter.

- Sprinkle mixture over casserole.
- Bake for 30 to 35 minutes, until bubbly and golden brown.
- Let sit for 5 minutes before serving.

## Nutrition Facts



### Properties

Glycemic Index:31.88, Glycemic Load:2.16, Inflammation Score:-6, Nutrition Score:12.020434752755%

### Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

### Nutrients (% of daily need)

Calories: 122.77kcal (6.14%), Fat: 7.2g (11.08%), Saturated Fat: 3.49g (21.79%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 9.32g (3.39%), Sugar: 3.66g (4.07%), Cholesterol: 14.02mg (4.67%), Sodium: 306.76mg (13.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Vitamin C: 52.09mg (63.14%), Vitamin K: 61.35µg (58.43%), Folate: 48.51µg (12.13%), Vitamin A: 594.05IU (11.88%), Vitamin B2: 0.2mg (11.87%), Phosphorus: 109.56mg (10.96%), Manganese: 0.21mg (10.53%), Calcium: 101.51mg (10.15%), Potassium: 309.1mg (8.83%), Vitamin B1: 0.13mg (8.68%), Vitamin B6: 0.17mg (8.44%), Fiber: 2.05g (8.22%), Selenium: 5.64µg (8.05%), Vitamin B5: 0.7mg (7.02%), Vitamin B3: 1.21mg (6.07%), Vitamin E: 0.87mg (5.79%), Magnesium: 21.8mg (5.45%), Iron: 0.83mg (4.6%), Vitamin B12: 0.27µg (4.45%), Copper: 0.09mg (4.38%), Zinc: 0.6mg (3.97%), Vitamin D: 0.51µg (3.43%)