



Broccoli Noodles and Cheese Casserole

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 head broccoli cut into florets
- 2 cups curd cottage cheese
- 16 ounce extra wide egg noodles
- 2 cups cheddar cheese shredded

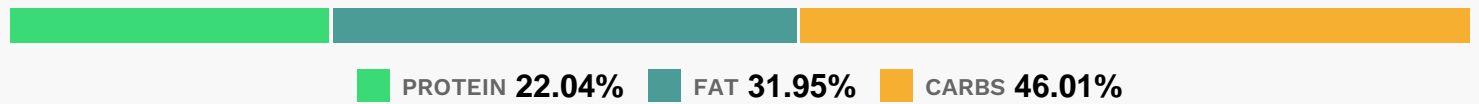
Equipment

- oven
- pot
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Steam broccoli until bright green and tender, 5 to 10 minutes.
- Combine broccoli, pasta and cottage cheese in 2 quart baking dish; mix well.
- Sprinkle pasta mixture with Cheddar cheese and bake for 8 to 10 minutes, until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:18.64, Inflammation Score:-8, Nutrition Score:24.213043140328%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 414.19kcal (20.71%), Fat: 14.83g (22.82%), Saturated Fat: 7.15g (44.7%), Carbohydrates: 48.05g (16.02%), Net Carbohydrates: 44.21g (16.08%), Sugar: 3.96g (4.4%), Cholesterol: 85.48mg (28.49%), Sodium: 399.72mg (17.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.05%), Selenium: 60.05µg (85.79%), Vitamin C: 67.79mg (82.17%), Vitamin K: 78.48µg (74.74%), Phosphorus: 406.02mg (40.6%), Manganese: 0.65mg (32.42%), Calcium: 302.19mg (30.22%), Vitamin B2: 0.36mg (20.98%), Folate: 77.04µg (19.26%), Zinc: 2.66mg (17.75%), Vitamin A: 870.8IU (17.42%), Fiber: 3.85g (15.39%), Magnesium: 60.99mg (15.25%), Vitamin B6: 0.3mg (15.05%), Vitamin B5: 1.38mg (13.84%), Potassium: 459.02mg (13.11%), Vitamin B12: 0.71µg (11.78%), Vitamin B1: 0.17mg (11.59%), Copper: 0.23mg (11.57%), Iron: 1.72mg (9.54%), Vitamin B3: 1.75mg (8.73%), Vitamin E: 1.06mg (7.06%), Vitamin D: 0.4µg (2.64%)