



## Broccoli-Onion Deluxe

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



262 kcal

SIDE DISH

### Ingredients

- 1 cup breadcrumbs soft
- 1 pound broccoli fresh cut into spears
- 6 tablespoons butter divided
- 3 ounces cream cheese softened
- 2 tablespoons flour all-purpose
- 1 cup milk
- 16 ounces pearl onions frozen
- 1 pinch pepper

- 0.3 teaspoon salt
- 0.5 cup cheddar cheese shredded

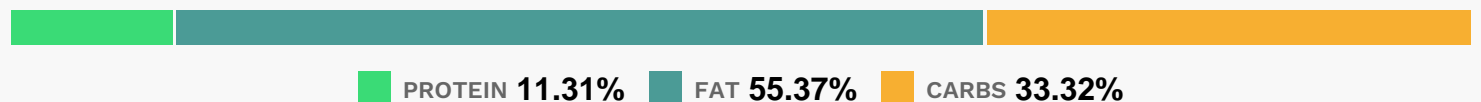
## Equipment

- sauce pan
- oven
- baking pan

## Directions

- In a covered saucepan, cook onions in a small amount of water for 5 minutes.
- Add broccoli; cook 5 more minutes.
- Drain.
- Place in a 2-qt. baking dish. In a small saucepan, melt 4 tablespoons butter; stir in flour, salt and pepper. Gradually add milk; cook and stir until thickened.
- Add cream cheese; stir until melted.
- Pour sauce over vegetables; sprinkle with cheddar cheese. Cover and bake at 350° for 30 minutes. Melt remaining butter; combine with crumbs.
- Sprinkle over casserole. Return to the oven, uncovered, for 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:38.5, Glycemic Load:3.69, Inflammation Score:-8, Nutrition Score:14.685217525648%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 4.81mg, Kaempferol: 4.81mg, Kaempferol: 4.81mg, Kaempferol: 4.81mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.36mg, Quercetin: 13.36mg, Quercetin: 13.36mg, Quercetin: 13.36mg

## Nutrients (% of daily need)

Calories: 261.75kcal (13.09%), Fat: 16.55g (25.46%), Saturated Fat: 9.72g (60.76%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 19.31g (7.02%), Sugar: 6.11g (6.78%), Cholesterol: 44.03mg (14.68%), Sodium: 351.19mg (15.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.22%), Vitamin C: 54.77mg (66.39%), Vitamin K: 60.2µg (57.33%), Vitamin A: 879.78IU (17.6%), Folate: 67.13µg (16.78%), Manganese: 0.33mg (16.7%), Calcium: 165.05mg (16.51%), Vitamin B1: 0.23mg (15.58%), Phosphorus: 155.23mg (15.52%), Vitamin B2: 0.25mg (14.51%), Selenium: 9.34µg (13.34%), Fiber: 3.1g (12.4%), Vitamin B6: 0.21mg (10.71%), Potassium: 358.34mg (10.24%), Magnesium: 30.55mg (7.64%), Vitamin B3: 1.48mg (7.42%), Iron: 1.3mg (7.22%), Vitamin B5: 0.69mg (6.93%), Zinc: 0.98mg (6.57%), Vitamin E: 0.87mg (5.79%), Vitamin B12: 0.33µg (5.47%), Copper: 0.09mg (4.59%), Vitamin D: 0.38µg (2.52%)