



Broccoli Polonaise

READY IN



15 min.

SERVINGS



4

CALORIES



426 kcal

SIDE DISH

Ingredients

- 4 cups broccoli florets
- 0.3 cup butter melted
- 2 hard-cooked eggs chopped
- 0.3 cup parmesan cheese grated kraft
- 1 cup stove top stuffing mix for chicken in the canister

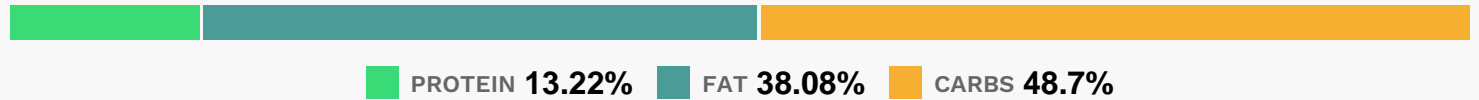
Equipment

- sauce pan

Directions

- Cook broccoli in boiling water in saucepan 5 to 10 min. or until crisp-tender.
- Meanwhile, combine remaining ingredients.
- Drain broccoli; spoon into serving dish. Top with stuffing mixture; cover.
- Let stand 5 min.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.18, Inflammation Score:-9, Nutrition Score:25.49739145196%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 426.32kcal (21.32%), Fat: 18.17g (27.96%), Saturated Fat: 4.76g (29.74%), Carbohydrates: 52.3g (17.43%), Net Carbohydrates: 48.04g (17.47%), Sugar: 6.72g (7.47%), Cholesterol: 99.28mg (33.09%), Sodium: 1135.21mg (49.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.39%), Vitamin C: 81.2mg (98.42%), Vitamin K: 93.65µg (89.19%), Selenium: 40.55µg (57.93%), Folate: 168.21µg (42.05%), Vitamin B2: 0.5mg (29.44%), Vitamin B1: 0.44mg (29.12%), Manganese: 0.55mg (27.71%), Vitamin A: 1259.66IU (25.19%), Phosphorus: 229.35mg (22.93%), Vitamin B3: 4.02mg (20.08%), Iron: 3.24mg (18.02%), Calcium: 172.15mg (17.21%), Fiber: 4.26g (17.03%), Vitamin B6: 0.29mg (14.29%), Potassium: 482.02mg (13.77%), Magnesium: 47.88mg (11.97%), Vitamin B5: 1.14mg (11.39%), Vitamin E: 1.66mg (11.09%), Zinc: 1.46mg (9.71%), Copper: 0.19mg (9.56%), Vitamin B12: 0.39µg (6.46%), Vitamin D: 0.58µg (3.88%)