

Broccoli Potato Bake

READY IN



55 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

Ingredients

- 0.5 cup breadcrumbs
- 12 ounce broccoli frozen chopped
- 1 tablespoon butter melted
- 3 ounce cream cheese diced
- 2 tablespoons flour all-purpose
- 12 ounce hash browns frozen
- 2 cups milk
- 1 teaspoon salt
- 0.3 cup swiss cheese shredded

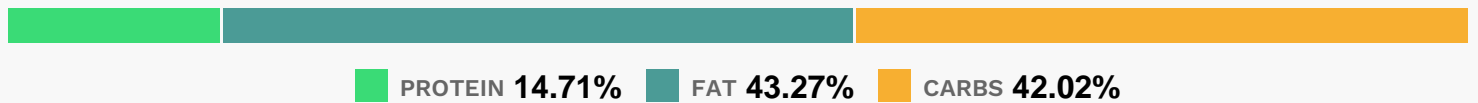
Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large saucepan, melt 2 tablespoons butter. Stir in flour and salt.
- Add milk and stir until bubbly.
- Add cheese, and stir until all of the cheese is melted. Stir in potatoes and heat thoroughly.
- Pour half of the mixture into a 10x6 inch baking dish.
- Cook broccoli according to package instructions; drain well.
- Layer broccoli over the potatoes in the baking dish.
- Pour the remaining potato mixture over the broccoli.
- Sprinkle the bread crumbs and 1 tablespoon melted butter over the top of the casserole.
- Bake at 350 degrees F (175 degrees C) for 20 to 35 minutes; or until bubbly and browned lightly.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:5, Inflammation Score:-6, Nutrition Score:12.010869523753%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 186.86kcal (9.34%), Fat: 9.22g (14.19%), Saturated Fat: 5.2g (32.52%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 18.09g (6.58%), Sugar: 4.48g (4.98%), Cholesterol: 26mg (8.67%), Sodium: 439.66mg (19.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.11%), Vitamin C: 41.42mg (50.2%), Vitamin K: 44.42µg (42.3%), Calcium: 162.86mg (16.29%), Phosphorus: 160.45mg (16.05%), Vitamin B2: 0.22mg (12.65%), Vitamin B1: 0.19mg (12.57%), Vitamin A: 587.6IU (11.75%), Manganese: 0.23mg (11.54%), Potassium: 380.02mg (10.86%), Folate: 40.56µg (10.14%), Selenium: 6.97µg (9.96%), Vitamin B12: 0.52µg (8.59%), Vitamin B6: 0.17mg (8.34%), Fiber: 2.06g (8.22%), Vitamin B3: 1.62mg (8.07%), Vitamin B5: 0.74mg (7.36%), Magnesium: 26.73mg (6.68%), Iron: 1.16mg (6.45%), Zinc: 0.88mg (5.85%), Vitamin D: 0.67µg (4.47%), Copper: 0.09mg (4.39%), Vitamin E: 0.53mg (3.52%)