



Broccoli-Spinach Casserole

READY IN



15 min.

SERVINGS



16

CALORIES



257 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 oz broccoli frozen thawed chopped
- 36 round buttery crackers crushed
- 21.5 oz cream of mushroom soup canned
- 4 large eggs lightly beaten
- 20 oz pkt spinach frozen thawed drained chopped
- 0.5 teaspoon garlic powder
- 1 cup mayonnaise
- 0.5 teaspoon pepper
- 1 teaspoon salt

- 8 oz sharp cheddar cheese shredded
- 1 large onion diced sweet

Equipment

- bowl
- oven
- baking pan

Directions

- Stir together first 10 ingredients in a large bowl until combined. Spoon mixture into a lightly greased 13- x 9-inch baking dish.
- Sprinkle evenly with crushed crackers.
- Bake at 350 for 40 to 45 minutes or until set.
- Note: For testing purposes only, we used Ritz crackers.

Nutrition Facts

PROTEIN 14.85% **FAT 66.36%** **CARBS 18.79%**

Properties

Glycemic Index:9.13, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:20.233043587726%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 256.77kcal (12.84%), Fat: 19.31g (29.71%), Saturated Fat: 5.63g (35.2%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 9.91g (3.6%), Sugar: 2.6g (2.88%), Cholesterol: 68.46mg (22.82%), Sodium: 713.96mg (31.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.73g (19.45%), Vitamin K: 194.71µg (185.44%), Vitamin A: 4595.28IU (91.91%), Vitamin C: 34.55mg (41.88%), Manganese: 0.51mg (25.28%), Folate: 95.6µg (23.9%), Calcium: 187.2mg (18.72%), Vitamin B2: 0.29mg (16.96%), Phosphorus: 168.91mg (16.89%), Selenium: 11.62µg (16.6%), Vitamin

E: 2.24mg (14.95%), Magnesium: 45.48mg (11.37%), Zinc: 1.54mg (10.25%), Iron: 1.83mg (10.19%), Vitamin B6: 0.2mg (10.15%), Potassium: 348.19mg (9.95%), Fiber: 2.39g (9.56%), Copper: 0.18mg (9.12%), Vitamin B1: 0.12mg (7.69%), Vitamin B5: 0.63mg (6.3%), Vitamin B12: 0.34µg (5.65%), Vitamin B3: 1.12mg (5.62%), Vitamin D: 0.36µg (2.42%)