



Broccoli Squares

READY IN



47 min.

SERVINGS



12

CALORIES



457 kcal

SIDE DISH

Ingredients

- 1 head broccoli fresh chopped
- 16 ounce cream cheese softened
- 16 ounce crescent roll dough refrigerated
- 1 cup mayonnaise
- 1 ounce dressing mix dry ranch-style
- 3 roma tomatoes chopped (plum)
- 1 cup cheddar cheese shredded

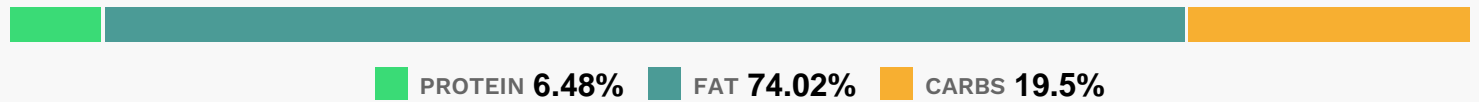
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking sheet.
- Arrange the dinner roll dough in 4 rectangles on the baking sheet.
- Bake in the preheated oven 12 minutes, or until golden brown.
- Remove from heat and allow to cool completely.
- In a medium bowl, mix the cream cheese, mayonnaise and dry ranch-style dressing mix.
- Spread evenly on the crescent rolls.
- Sprinkle with broccoli and tomatoes. Top with Cheddar cheese and serve.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:1.49, Inflammation Score:-7, Nutrition Score:12.468695811603%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg, Kaempferol: 3.99mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 456.53kcal (22.83%), Fat: 38.51g (59.25%), Saturated Fat: 15.09g (94.32%), Carbohydrates: 22.82g (7.61%), Net Carbohydrates: 21.32g (7.75%), Sugar: 6.61g (7.34%), Cholesterol: 55.43mg (18.48%), Sodium: 790.21mg (34.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.17%), Vitamin K: 84.35µg (80.33%), Vitamin C: 47.32mg (57.36%), Vitamin A: 1058.9IU (21.18%), Calcium: 130.1mg (13.01%), Phosphorus: 124.65mg (12.47%), Vitamin B2: 0.19mg (11.43%), Selenium: 7.61µg (10.87%), Folate: 40.56µg (10.14%), Vitamin E: 1.49mg (9.91%), Potassium: 257.72mg (7.36%), Manganese: 0.13mg (6.52%), Vitamin B6: 0.13mg (6.51%), Fiber: 1.5g (6.01%), Vitamin B5: 0.59mg (5.91%), Iron: 0.98mg (5.47%), Zinc: 0.8mg (5.31%), Magnesium: 18.48mg (4.62%), Vitamin B1: 0.05mg (3.67%), Vitamin B12: 0.21µg (3.42%), Copper: 0.05mg (2.37%), Vitamin B3: 0.46mg (2.28%)