



## Broccoli Supreme

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

### Ingredients

- 2 pounds broccoli fresh
- 2 tablespoons butter cut into pieces
- 8 servings crème fraîche
- 0.5 teaspoon ground nutmeg
- 0.7 cup parmesan cheese grated
- 0.5 teaspoon pepper freshly ground
- 0.5 teaspoon salt
- 0.3 cup cup heavy whipping cream sour

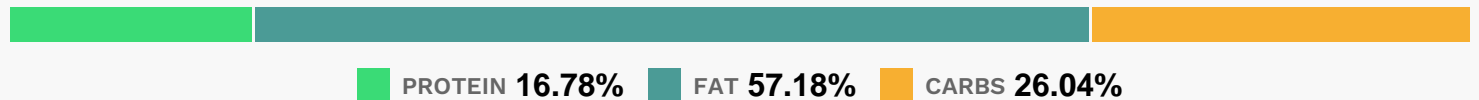
## Equipment

- food processor
- oven
- blender
- baking pan

## Directions

- Remove and discard large leaves and tough ends of stalks from broccoli.
- Cut away tops, and coarsely chop. Peel and coarsely chop stems.
- Cook broccoli in boiling, salted water to cover 8 minutes or until crisp-tender; drain.
- Process cooked broccoli and Crme Frache in a food processor or blender until smooth, stopping to scrape down sides.
- Stir together broccoli mixture, cheese, and next 4 ingredients.
- Pour mixture into a lightly greased 2-quart baking dish. Dot with butter.
- Bake at 350 for 25 minutes or until thoroughly heated.
- Serve casserole immediately.

## Nutrition Facts



## Properties

Glycemic Index:23, Glycemic Load:1.51, Inflammation Score:-8, Nutrition Score:16.706521667864%

## Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

## Nutrients (% of daily need)

Calories: 137.69kcal (6.88%), Fat: 9.36g (14.4%), Saturated Fat: 5.19g (32.45%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 6.59g (2.4%), Sugar: 2.63g (2.92%), Cholesterol: 26.1mg (8.7%), Sodium: 357.1mg (15.53%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.37%), Vitamin C: 101.33mg (122.82%), Vitamin K: 116.55µg (111%), Vitamin A: 986.37IU (19.73%), Folate: 73.31µg (18.33%), Calcium: 148.06mg (14.81%), Phosphorus: 143.56mg (14.36%), Manganese: 0.27mg (13.36%), Fiber: 3.01g (12.02%), Vitamin B2: 0.2mg (11.48%), Potassium: 400.62mg (11.45%), Vitamin B6: 0.21mg (10.69%), Selenium: 6.51µg (9.29%), Vitamin B5: 0.75mg (7.47%), Magnesium: 29.17mg (7.29%), Vitamin E: 1.08mg (7.22%), Zinc: 0.9mg (5.98%), Vitamin B1: 0.09mg (5.82%), Iron: 0.9mg (4.98%), Vitamin B3: 0.75mg (3.77%), Copper: 0.07mg (3.27%), Vitamin B12: 0.16µg (2.65%)