



Broccoli with Cheddar Sauce

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 9 cups broccoli florets
- ☐ 2 ounces extrasharp cheddar cheese shredded reduced-fat
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 cup milk fat-free
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 teaspoon thyme leaves fresh chopped
- ☐ 3 tablespoons parmesan cheese fresh grated

☐ 0.3 teaspoon salt

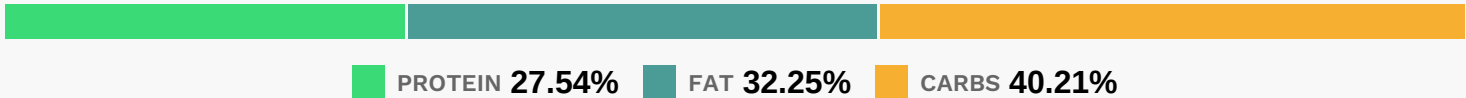
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place flour in a medium saucepan. Gradually add milk, stirring constantly with a whisk until smooth. Cook over medium-high heat 2 minutes or until mixture is bubbly and thickened, stirring constantly. Cook 1 additional minute, stirring constantly.
- ☐ Remove from heat.
- ☐ Add cheeses, mustard, salt, pepper, and thyme, stirring with a whisk until smooth. Keep warm.
- ☐ Add water to a large saucepan to a depth of 1 inch; set a large vegetable steamer in pan. Bring water to a boil over medium-high heat.
- ☐ Add broccoli to steamer. Steam broccoli, covered, 4 minutes or until crisp-tender.
- ☐ Serve broccoli immediately with sauce.

Nutrition Facts



Properties

Glycemic Index:37.91, Glycemic Load:2.41, Inflammation Score:-8, Nutrition Score:16.487825963808%

Flavonoids

Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 8.03mg, Kaempferol: 8.03mg, Kaempferol: 8.03mg, Kaempferol: 8.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 85.31kcal (4.27%), Fat: 3.32g (5.11%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 6.59g (2.4%), Sugar: 3.33g (3.7%), Cholesterol: 9.28mg (3.09%), Sodium: 198.87mg (8.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Vitamin C: 91.42mg (110.81%), Vitamin K:

104.73µg (99.75%), Folate: 68.5µg (17.13%), Calcium: 161.76mg (16.18%), Vitamin A: 789.46IU (15.79%), Phosphorus: 147.32mg (14.73%), Vitamin B2: 0.2mg (11.92%), Manganese: 0.23mg (11.7%), Potassium: 384.53mg (10.99%), Fiber: 2.73g (10.9%), Vitamin B6: 0.2mg (10.23%), Selenium: 6.03µg (8.61%), Vitamin B5: 0.74mg (7.4%), Magnesium: 28.48mg (7.12%), Vitamin B1: 0.1mg (6.71%), Zinc: 0.88mg (5.87%), Vitamin E: 0.86mg (5.72%), Iron: 0.84mg (4.67%), Vitamin B12: 0.28µg (4.59%), Vitamin B3: 0.76mg (3.79%), Copper: 0.06mg (2.83%), Vitamin D: 0.39µg (2.59%)