



WHATSheATE



Broccoli with Cheese



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 1.5 lb broccoli
- ☐ 0.3 cup milk
- ☐ 0.3 teaspoon onion salt
- ☐ 1 drop hot sauce red
- ☐ 6 oz processed cheese food sliced
- ☐ 3 tablespoons water

Equipment

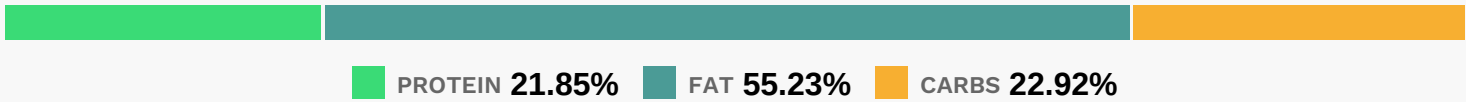
- ☐ sauce pan

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Cut broccoli into spears with 1/2-inch-wide stalks. In 2-quart round microwavable dish, place broccoli and water. Cover with plastic wrap, folding back one edge 1/4 inch to vent steam. Microwave on High 6 to 8 minutes or until hot and crisp-tender; drain.
- ☐ In 2-quart saucepan, heat remaining ingredients over medium heat 6 to 8 minutes, stirring frequently, until cheese is melted and mixture is smooth.
- ☐ Pour over broccoli.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:1.99, Inflammation Score:-8, Nutrition Score:18.96782627313%

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: 151.87kcal (7.59%), Fat: 9.87g (15.18%), Saturated Fat: 5.5g (34.38%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 6.26g (2.28%), Sugar: 3.22g (3.58%), Cholesterol: 29.98mg (9.99%), Sodium: 614mg (26.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.56%), Vitamin C: 101.16mg (122.62%), Vitamin K: 116.44µg (110.9%), Calcium: 366.51mg (36.65%), Phosphorus: 270.26mg (27.03%), Vitamin A: 996.36IU (19.93%), Folate: 73.71µg (18.43%), Vitamin B2: 0.22mg (12.81%), Selenium: 8.82µg (12.6%), Manganese: 0.25mg (12.53%), Potassium: 416.14mg (11.89%), Fiber: 2.95g (11.79%), Vitamin B6: 0.22mg (11.1%), Vitamin B12: 0.5µg (8.31%), Magnesium: 32.89mg (8.22%), Zinc: 1.23mg (8.18%), Vitamin B5: 0.81mg (8.15%), Vitamin E: 1.12mg (7.45%), Vitamin B1: 0.09mg (6.16%), Iron: 1.01mg (5.6%), Vitamin B3: 0.76mg (3.8%), Copper: 0.07mg (3.5%), Vitamin D: 0.32µg (2.13%)