



Broccoli with Two-Cheese Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 6 cups broccoli spears
- ☐ 1 cup milk fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 garlic cloves crushed
- ☐ 1 Dash ground nutmeg
- ☐ 1 Dash ground pepper red
- ☐ 1.5 ounces jarsberg cheese shredded reduced-fat
- ☐ 0.5 cup onion sliced

- ☐ 1.5 ounces parmigiano-reggiano cheese fresh grated
- ☐ 0.3 teaspoon salt

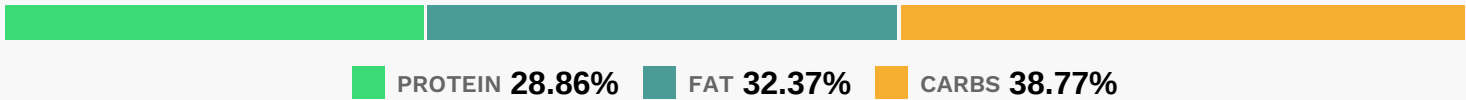
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Combine first 4 ingredients in a small, heavy saucepan over medium heat.
- ☐ Heat to 180 or until tiny bubbles form around edge (do not boil).
- ☐ Remove from heat; let stand 15 minutes. Strain milk mixture through a sieve into a bowl, reserving milk. Discard solids. Wipe pan clean with paper towels; add strained milk and flour to pan, stirring with a whisk. Return pan to medium heat; cook 2 minutes or until thick, stirring constantly with a whisk.
- ☐ Remove from heat.
- ☐ Add cheeses, salt, and pepper, stirring with a whisk until smooth. Keep warm.
- ☐ Cook broccoli in boiling water 3 minutes or until crisp-tender; drain. Top with cheese sauce; serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.78, Glycemic Load:2.73, Inflammation Score:-6, Nutrition Score:12.049564962802%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 85.3kcal (4.27%), Fat: 3.24g (4.98%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 6.75g (2.45%), Sugar: 3.18g (3.54%), Cholesterol: 8.33mg (2.78%), Sodium: 226.92mg (9.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Vitamin C: 59.86mg (72.56%), Vitamin K: 67.48µg (64.27%), Calcium: 176.57mg (17.66%), Folate: 48.03µg (12.01%), Phosphorus: 119.59mg (11.96%), Vitamin A: 558.73IU (11.17%), Manganese: 0.18mg (9.14%), Vitamin B2: 0.15mg (8.7%), Potassium: 284.91mg (8.14%), Vitamin B6: 0.16mg (8.04%), Fiber: 1.98g (7.93%), Selenium: 4.25µg (6.08%), Vitamin B1: 0.09mg (5.83%), Magnesium: 21.72mg (5.43%), Vitamin B5: 0.54mg (5.37%), Vitamin B12: 0.24µg (4.02%), Zinc: 0.6mg (3.98%), Iron: 0.65mg (3.62%), Vitamin E: 0.53mg (3.56%), Vitamin B3: 0.6mg (3.01%), Vitamin D: 0.36µg (2.42%), Copper: 0.04mg (2.24%)