



Cheddar Broccoli Casserole

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 oz broccoli frozen thawed drained chopped
- 1.5 teaspoon dijon mustard
- 0.3 cup bread crumbs plain dry
- 4 tablespoons spread divided country crock®
- 1 tablespoon flour all-purpose
- 2 oz cheddar cheese shredded low fat
- 0.8 cup milk 2%

Equipment

sauce pan

whisk

Directions

Melt 2 tablespoons Country Crock

Spread in medium saucepan over medium heat and cook flour, stirring frequently, 1 minute. Gradually whisk in milk. Bring to a boil and cook until thickened, about 1 minute. Stir in cheese and mustard until cheese is melted.

Add broccoli and cook over medium-low heat, stirring frequently, until heated through. Turn into greased 1-1/2-quart shallow casserole.


Combine remaining 2 tablespoons

Spread, melted with bread crumbs, then sprinkle over broccoli mixture. Broil until golden, about 1 minute.

TIP: Use cooked chopped fresh broccoli instead of frozen.

Cost per recipe*: \$ Cost per serving*: \$ *Based on average retail prices at national supermarkets.

Nutrition Facts

 **PROTEIN 21.95%** **FAT 15.66%** **CARBS 62.39%**

Properties

Glycemic Index:48.5, Glycemic Load:7.18, Inflammation Score:-6, Nutrition Score:14.190434729275%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 144.3kcal (7.21%), Fat: 2.58g (3.97%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 20.7g (7.53%), Sugar: 10.76g (11.95%), Cholesterol: 6.52mg (2.17%), Sodium: 205.49mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.27%), Vitamin C: 64.55mg (78.24%), Vitamin K: 72.94µg (69.47%), Phosphorus: 173.94mg (17.39%), Calcium: 161.85mg (16.19%), Folate: 60.75µg (15.19%), Vitamin B2: 0.24mg (14.38%), Manganese: 0.24mg (12.21%), Selenium: 8.19µg (11.7%), Vitamin A: 517.35IU (10.35%), Vitamin

B1: 0.16mg (10.34%), Fiber: 2.43g (9.73%), Potassium: 324.1mg (9.26%), Vitamin B6: 0.16mg (8.02%), Magnesium: 26.79mg (6.7%), Vitamin B5: 0.64mg (6.43%), Iron: 1.1mg (6.1%), Zinc: 0.89mg (5.95%), Vitamin B12: 0.33µg (5.46%), Vitamin B3: 1.07mg (5.37%), Vitamin E: 0.6mg (4.03%), Copper: 0.08mg (3.78%)