



 **90%**  
HEALTH SCORE

## Cheesy Broccoli

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



18 min.

SERVINGS



12

CALORIES



138 kcal

SIDE DISH

## Ingredients

- 3 pounds broccoli
- 12 ounces bread shredded (from 16 oz. box)
- 0.5 cup almonds crumbled cooked toasted sliced

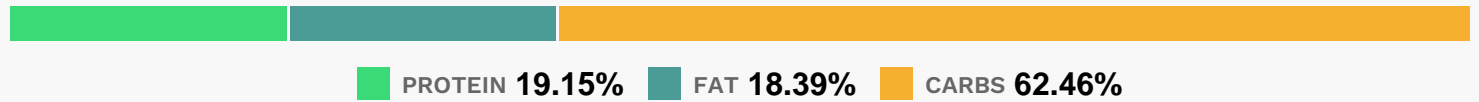
## Equipment

## Directions

- Cut thick broccoli stems lengthwise into fourths.

- Heat 1 inch water (salted if desired) to boiling.
- Add broccoli. Cover and heat to boiling; reduce heat.
- Cook 5 to 8 minutes or until stems are tender; drain. Arrange half of the broccoli in serving dish.
- Sprinkle with half of the cheese and bacon; repeat.

## Nutrition Facts



### Properties

Glycemic Index:10.21, Glycemic Load:12.84, Inflammation Score:-8, Nutrition Score:19.316521706788%

### Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 8.91mg, Kaempferol: 8.91mg, Kaempferol: 8.91mg, Kaempferol: 8.91mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

### Nutrients (% of daily need)

Calories: 137.86kcal (6.89%), Fat: 3.02g (4.64%), Saturated Fat: 0.42g (2.66%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 19.02g (6.92%), Sugar: 3.4g (3.78%), Cholesterol: 0mg (0%), Sodium: 208.12mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Vitamin C: 101.15mg (122.61%), Vitamin K: 115.86µg (110.35%), Folate: 108µg (27%), Manganese: 0.47mg (23.71%), Vitamin B1: 0.29mg (19.31%), Vitamin B2: 0.3mg (17.5%), Fiber: 4.05g (16.2%), Selenium: 11.1µg (15.86%), Vitamin A: 706.51IU (14.13%), Vitamin E: 1.93mg (12.84%), Phosphorus: 123.05mg (12.3%), Potassium: 419.61mg (11.99%), Vitamin B6: 0.23mg (11.7%), Iron: 2.08mg (11.55%), Vitamin B3: 2.23mg (11.15%), Magnesium: 43.24mg (10.81%), Calcium: 78.35mg (7.84%), Vitamin B5: 0.76mg (7.62%), Copper: 0.14mg (6.91%), Zinc: 0.88mg (5.86%)