



## Cheesy Broccoli Bake

READY IN



35 min.

SERVINGS



6

CALORIES



140 kcal

SIDE DISH

### Ingredients

- 1 cup corn flakes/bran flakes kix®
- 2 teaspoons olive oil
- 4 cups broccoli florets frozen
- 1 tablespoon butter
- 2 tablespoons flour all-purpose
- 0.5 teaspoon salt
- 0.5 teaspoon ground mustard
- 0.1 teaspoon pepper
- 1.5 cups skim milk fat-free (skim)

- 2 oz sharp cheddar cheese shredded reduced-fat

## Equipment

- bowl
- sauce pan
- oven
- whisk
- ziploc bags
- microwave
- rolling pin
- meat tenderizer

## Directions

- Heat oven to 400°F.
- Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet. In small bowl, mix cereal and olive oil; set aside. In 1 1/2-quart casserole, place broccoli; cover and microwave on High 3 minutes.
- Drain; set aside.
- Meanwhile, in 2-quart saucepan, heat margarine until melted. Stir in flour, salt, mustard and pepper. Cook over medium heat, stirring constantly with wire whisk, until smooth and bubbly. Stir in milk.
- Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in cheese until melted.
- Pour sauce over broccoli in casserole.
- Sprinkle with cereal mixture.
- Bake uncovered 18 to 20 minutes or until hot.

## Nutrition Facts



**PROTEIN 18.82%** **FAT 41.88%** **CARBS 39.3%**

## Properties

Glycemic Index:45.25, Glycemic Load:6.22, Inflammation Score:-8, Nutrition Score:16.3852175526%

## Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg, Kaempferol: 4.76mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

## Nutrients (% of daily need)

Calories: 140.49kcal (7.02%), Fat: 6.92g (10.65%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 11.73g (4.26%), Sugar: 5.41g (6.02%), Cholesterol: 11.29mg (3.76%), Sodium: 358.83mg (15.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7g (14%), Vitamin C: 54.13mg (65.61%), Vitamin K: 63.09µg (60.08%), Folate: 90.77µg (22.69%), Manganese: 0.4mg (19.75%), Phosphorus: 183.47mg (18.35%), Calcium: 180.94mg (18.09%), Vitamin B2: 0.3mg (17.64%), Vitamin A: 848IU (16.96%), Selenium: 10.11µg (14.45%), Iron: 2.47mg (13.72%), Vitamin B12: 0.79µg (13.18%), Vitamin B6: 0.26mg (13.18%), Vitamin B1: 0.19mg (12.54%), Fiber: 2.9g (11.58%), Magnesium: 39.22mg (9.81%), Potassium: 342.3mg (9.78%), Vitamin B3: 1.73mg (8.67%), Zinc: 1.23mg (8.22%), Vitamin B5: 0.68mg (6.78%), Vitamin D: 0.95µg (6.34%), Vitamin E: 0.87mg (5.8%), Copper: 0.07mg (3.64%)