



Cheesy Broccoli Casserole

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 oz broccoli florets frozen thawed drained
- 1 cup cheez whiz cheese dip light
- 10 oz cream of mushroom soup fat-free 98% canned
- 6 oz stove top lower sodium stuffing mix for chicken

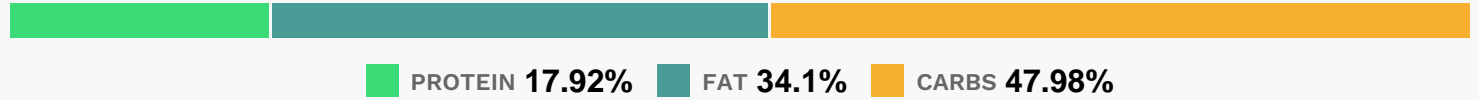
Equipment

- oven
- baking pan

Directions

- Preheat oven to 350F. Prepare stuffing mix as directed on package, using only 3 Tbsp. margarine. Set aside.
- Mix remaining ingredients in 2-qt. baking dish; top with stuffing.
- Bake 30 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.92, Inflammation Score:-7, Nutrition Score:16.323912786401%

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: 209.41kcal (10.47%), Fat: 8.05g (12.38%), Saturated Fat: 4.56g (28.5%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 22.79g (8.29%), Sugar: 4.94g (5.49%), Cholesterol: 24.16mg (8.05%), Sodium: 1057.78mg (45.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.52g (19.03%), Vitamin C: 63.34mg (76.77%), Vitamin K: 72.53µg (69.07%), Phosphorus: 325.4mg (32.54%), Folate: 82.85µg (20.71%), Manganese: 0.38mg (19.07%), Selenium: 11.98µg (17.11%), Calcium: 161.52mg (16.15%), Vitamin B2: 0.26mg (15.36%), Vitamin A: 633.9IU (12.68%), Vitamin B1: 0.18mg (12.28%), Potassium: 391.89mg (11.2%), Fiber: 2.68g (10.73%), Vitamin B3: 2mg (9.99%), Zinc: 1.36mg (9.09%), Iron: 1.63mg (9.07%), Vitamin B6: 0.17mg (8.53%), Copper: 0.16mg (7.81%), Magnesium: 25.87mg (6.47%), Vitamin B5: 0.56mg (5.58%), Vitamin E: 0.63mg (4.22%), Vitamin B12: 0.06µg (1.02%)