



Cheesy broccoli pasta bake



Vegetarian



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



543 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 280 g penne pasta
- ☐ 280 g broccoli cut into florets
- ☐ 25 g butter
- ☐ 25 g flour plain
- ☐ 300 ml milk
- ☐ 1 tbsp coarse mustard
- ☐ 140 g cheddar cheese grated

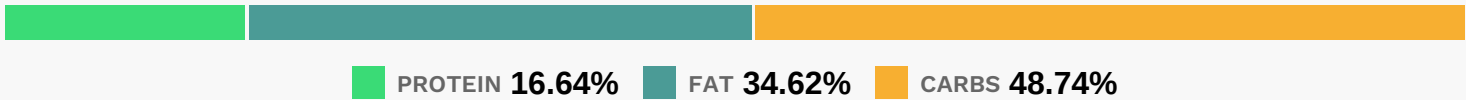
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Cook the pasta, adding the broccoli for the final 4–5 mins and cooking until tender.
- ☐ Drain well, then heat the grill.
- ☐ Heat the butter in a saucepan and stir in the flour. Cook for 1 min, then gradually add the milk, stirring well between each addition. Bring to the boil, stirring, then simmer for 2 mins, before stirring in the mustard, half the cheese and seasoning.
- ☐ Mix the pasta and broccoli into the sauce and spoon into an ovenproof dish. Scatter over the remaining cheese and place under a hot grill for 3–4 mins until golden and bubbling.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:26.98, Inflammation Score:-8, Nutrition Score:25.930434413578%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 5.49mg, Kaempferol: 5.49mg, Kaempferol: 5.49mg, Kaempferol: 5.49mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 542.56kcal (27.13%), Fat: 20.95g (32.23%), Saturated Fat: 11.66g (72.9%), Carbohydrates: 66.36g (22.12%), Net Carbohydrates: 61.97g (22.53%), Sugar: 6.97g (7.74%), Cholesterol: 57.72mg (19.24%), Sodium: 367.16mg (15.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.65g (45.3%), Selenium: 60.82µg (86.89%), Vitamin C: 62.46mg (75.7%), Vitamin K: 73.05µg (69.58%), Phosphorus: 429.22mg (42.92%), Manganese: 0.85mg (42.69%), Calcium: 394.99mg (39.5%), Vitamin B2: 0.42mg (24.73%), Vitamin A: 1070.96IU (21.42%), Zinc: 2.95mg (19.66%), Folate: 75.94µg (18.98%), Magnesium: 73.83mg (18.46%), Fiber: 4.39g (17.56%), Potassium: 534.09mg (15.26%), Vitamin B6: 0.3mg (14.94%), Vitamin B1: 0.22mg (14.84%), Vitamin B12: 0.8µg (13.32%), Copper: 0.26mg (13.03%), Vitamin B5: 1.18mg (11.81%), Vitamin B3: 2.13mg (10.65%), Iron: 1.83mg (10.15%), Vitamin E: 1.09mg (7.24%), Vitamin D: 1.06µg (7.07%)