



## Cheesy Broccoli Potato Topper

 Gluten Free  Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

### Ingredients

- 1 cup broccoli cooked
- 10.8 ounce condensed cream of cheddar cheese soup canned
- 4 potatoes split hot

### Equipment

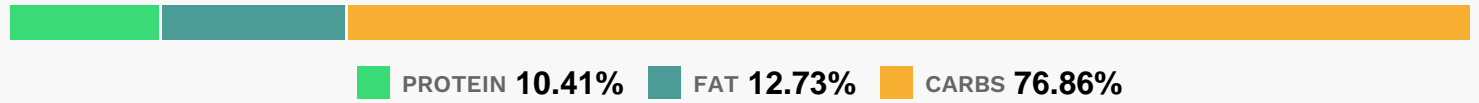
- microwave

### Directions

Place the potatoes onto a microwavable plate. Top with the broccoli. Spoon the soup over the broccoli.

Microwave on HIGH for 4 minutes or until the soup is hot.

## Nutrition Facts



### Properties

Glycemic Index:28.94, Glycemic Load:27.52, Inflammation Score:-6, Nutrition Score:14.521739182265%

### Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 3.43mg, Kaempferol: 3.43mg, Kaempferol: 3.43mg, Kaempferol: 3.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

### Nutrients (% of daily need)

Calories: 233.2kcal (11.66%), Fat: 3.34g (5.14%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 45.43g (15.14%), Net Carbohydrates: 39.56g (14.39%), Sugar: 3.26g (3.62%), Cholesterol: 3.05mg (1.02%), Sodium: 419.27mg (18.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.3%), Vitamin C: 61.58mg (74.65%), Potassium: 1310.63mg (37.45%), Vitamin B6: 0.67mg (33.34%), Vitamin K: 26.49µg (25.23%), Fiber: 5.87g (23.47%), Manganese: 0.37mg (18.6%), Phosphorus: 135.93mg (13.59%), Magnesium: 53.61mg (13.4%), Vitamin B1: 0.19mg (12.4%), Copper: 0.24mg (12.04%), Folate: 47.94µg (11.98%), Vitamin B3: 2.39mg (11.93%), Iron: 1.82mg (10.12%), Vitamin A: 448.36IU (8.97%), Vitamin B5: 0.76mg (7.57%), Calcium: 60.28mg (6.03%), Vitamin B2: 0.09mg (5.52%), Zinc: 0.71mg (4.72%), Selenium: 1.19µg (1.7%), Vitamin E: 0.19mg (1.29%)