



 **62%**  
HEALTH SCORE

## Cheesy Broccoli Toss

 **Gluten Free**  **Very Healthy**

READY IN



**10 min.**

SERVINGS



**4**

CALORIES



**37 kcal**

SIDE DISH

### Ingredients

- 4 cups broccoli florets frozen
- 0.5 tsp mustard dry
- 1 Tbsp parmesan cheese grated kraft
- 4 oz velveeta cut into 1/2-inch cubes
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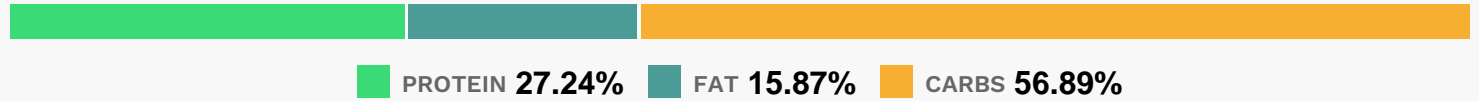
### Equipment

- frying pan

## Directions

- Cook first 3 ingredients in large nonstick skillet on medium-high heat 5 min. or until broccoli is crisp-tender, VELVEETA is melted and mixture is heated through, stirring occasionally.
- Sprinkle with Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:13.240000209407%

## Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg, Kaempferol: 7.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

## Nutrients (% of daily need)

Calories: 37.47kcal (1.87%), Fat: 0.78g (1.2%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 3.87g (1.41%), Sugar: 1.56g (1.74%), Cholesterol: 1.09mg (0.36%), Sodium: 51.94mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin C: 81.19mg (98.41%), Vitamin K: 92.85µg (88.43%), Folate: 57.81µg (14.45%), Vitamin A: 577.82IU (11.56%), Manganese: 0.2mg (9.91%), Fiber: 2.4g (9.59%), Potassium: 291.7mg (8.33%), Vitamin B6: 0.16mg (8.06%), Phosphorus: 70.06mg (7.01%), Vitamin B2: 0.11mg (6.55%), Calcium: 54.49mg (5.45%), Vitamin B5: 0.53mg (5.28%), Magnesium: 20.47mg (5.12%), Vitamin E: 0.73mg (4.86%), Selenium: 3.23µg (4.62%), Vitamin B1: 0.07mg (4.46%), Iron: 0.69mg (3.85%), Vitamin B3: 0.59mg (2.97%), Zinc: 0.44mg (2.95%), Copper: 0.05mg (2.34%)