



Cheesy Noodle Casserole



Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



657 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz extra wide egg noodles uncooked
- ☐ 3 cups broccoli florets frozen
- ☐ 10 oz processed cheese food
- ☐ 0.8 cup milk
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 cup graham cracker squares crushed

Equipment

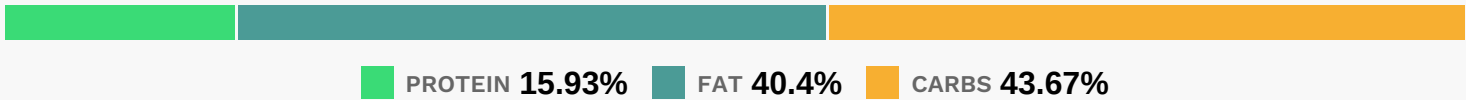
- ☐ sauce pan

- ☐ oven
- ☐ colander

Directions

- ☐ Heat oven to 375°F. Spray 2-quart casserole with cooking spray. Cook noodles as directed on package, adding broccoli for last 2 minutes of cooking time.
- ☐ Drain noodles and broccoli in colander.
- ☐ In same saucepan, stir cheese spread, milk and pepper until smooth. Stir in noodles and broccoli. Spoon into casserole.
- ☐ Sprinkle with crushed crackers.
- ☐ Bake uncovered 25 to 30 minutes or until bubbly and top is golden brown.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:35.3, Inflammation Score:-8, Nutrition Score:30.856956378273%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 656.87kcal (32.84%), Fat: 29.72g (45.73%), Saturated Fat: 14.86g (92.86%), Carbohydrates: 72.28g (24.09%), Net Carbohydrates: 67.61g (24.58%), Sugar: 12.83g (14.26%), Cholesterol: 123.99mg (41.33%), Sodium: 1431.02mg (62.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.38g (52.75%), Selenium: 61.57µg (87.96%), Calcium: 872.47mg (87.25%), Phosphorus: 742.04mg (74.2%), Vitamin C: 60.88mg (73.79%), Vitamin K: 71.98µg (68.55%), Manganese: 0.67mg (33.35%), Zinc: 3.9mg (25.97%), Vitamin B2: 0.43mg (25.35%), Vitamin B12: 1.47µg (24.58%), Vitamin A: 1204.57IU (24.09%), Magnesium: 88.69mg (22.17%), Folate: 78.72µg (19.68%), Fiber: 4.67g (18.67%), Iron: 3.25mg (18.05%), Vitamin B6: 0.34mg (16.89%), Vitamin B1: 0.25mg (16.57%), Potassium: 569.37mg (16.27%), Vitamin B3: 2.85mg (14.24%), Vitamin B5: 1.37mg (13.65%), Copper: 0.24mg (12.23%), Vitamin E: 1.33mg (8.88%), Vitamin D: 1.1µg (7.32%)