



 **69%**  
HEALTH SCORE

## Company Broccoli Three-Cheese Bake

 Vegetarian  Very Healthy

READY IN



60 min.

SERVINGS



14

CALORIES



70 kcal

SIDE DISH

### Ingredients

- 2.8 oz bread canned
- 48 oz broccoli frozen
- 3 oz cream cheese cut into cubes
- 0.3 cup bell pepper red chopped
- 0.5 teaspoon hot sauce red

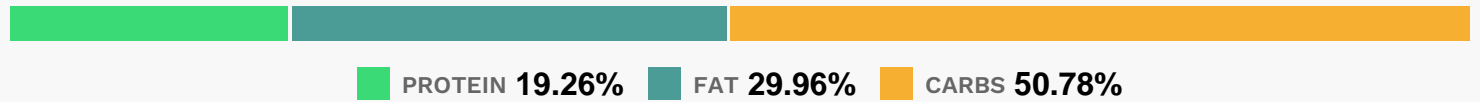
### Equipment

- oven
- dutch oven

## Directions

- Heat oven to 350°F. Reserve 1 cup French-fried onions for topping.
- In 5-quart Dutch oven, mix remaining onions, the broccoli, cream cheese, bell pepper and red pepper sauce. Cover; cook over medium-low heat about 20 minutes, stirring once halfway through cooking, until sauce chips are melted.
- Transfer to ungreased 2- to 3-quart casserole.
- Bake uncovered 20 to 25 minutes or until vegetables are tender.
- Sprinkle reserved onions around outer edge of casserole; bake 5 minutes longer.

## Nutrition Facts



## Properties

Glycemic Index:12.25, Glycemic Load:3.65, Inflammation Score:-7, Nutrition Score:14.756956482711%

## Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 7.62mg, Kaempferol: 7.62mg, Kaempferol: 7.62mg, Kaempferol: 7.62mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

## Nutrients (% of daily need)

Calories: 70.44kcal (3.52%), Fat: 2.6g (3.99%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 9.89g (3.3%), Net Carbohydrates: 7.19g (2.61%), Sugar: 2.26g (2.51%), Cholesterol: 6.14mg (2.05%), Sodium: 89.17mg (3.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Vitamin C: 90.21mg (109.35%), Vitamin K: 99.44µg (94.71%), Folate: 69.99µg (17.5%), Vitamin A: 770.67IU (15.41%), Manganese: 0.24mg (11.88%), Fiber: 2.71g (10.83%), Vitamin B6: 0.19mg (9.38%), Potassium: 327.62mg (9.36%), Vitamin B2: 0.15mg (9.08%), Phosphorus: 77.31mg (7.73%), Vitamin B1: 0.11mg (7.48%), Selenium: 4.58µg (6.54%), Vitamin B5: 0.62mg (6.19%), Magnesium: 23.1mg (5.77%), Vitamin E: 0.86mg (5.76%), Calcium: 54.72mg (5.47%), Iron: 0.95mg (5.28%), Vitamin B3: 0.93mg (4.63%), Zinc: 0.49mg (3.3%), Copper: 0.06mg (2.89%)