



Company Broccoli Three-Cheese Bake

 Gluten Free

READY IN



60 min.

SERVINGS



14

CALORIES



248 kcal

SIDE DISH

Ingredients

- 3 oz cream cheese cut into cubes
- 2.8 oz fried onions canned
- 48 oz nacho cheese dip frozen
- 0.5 teaspoon hot sauce red
- 0.3 cup bell pepper red chopped

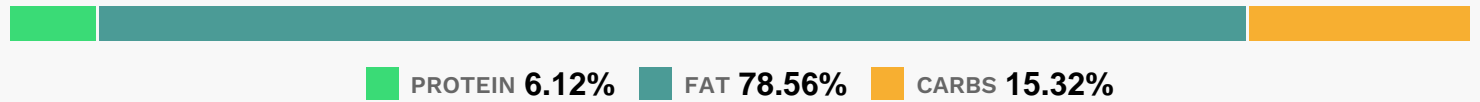
Equipment

- oven
- dutch oven

Directions

- Heat oven to 350F. 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:4.21, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:1.4052174211196%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 247.92kcal (12.4%), Fat: 22.25g (34.23%), Saturated Fat: 6.3g (39.35%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 9.71g (3.53%), Sugar: 4.23g (4.7%), Cholesterol: 14.88mg (4.96%), Sodium: 868.19mg (37.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin A: 686.11IU (13.72%), Calcium: 75.49mg (7.55%), Vitamin C: 3.51mg (4.26%)