



Creamy Broccoli Bake

READY IN



23 min.

SERVINGS



6

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 4 oz cheese blue crumbled
- ☐ 24 oz broccoli florets fresh
- ☐ 2 tablespoons butter
- ☐ 3 oz cream cheese softened
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 cups milk
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon salt
- ☐ 0.3 cup saltines crushed finely (10 crackers)

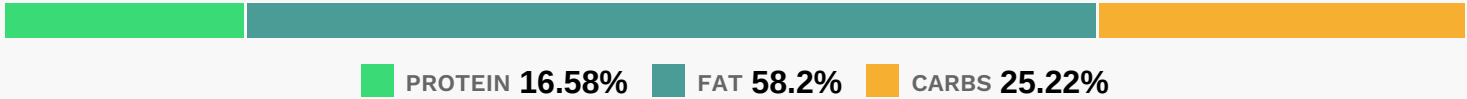
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Coarsely chop broccoli. Cook broccoli and 1 Tbsp. salt in a Dutch oven in boiling water to cover 3 minutes or until crisp-tender; drain.
- ☐ Melt butter in a medium-size heavy saucepan over low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in milk; cook over medium heat, whisking constantly, until mixture is thickened and bubbly. Stir in cheeses and 1/4 tsp. salt until melted. Stir in broccoli.
- ☐ Place in a lightly greased 11- x 7-inch baking dish; sprinkle with crackers.
- ☐ Bake at 350 for 30 minutes or until golden and bubbly.
- ☐ Creamy Broccoli
- ☐ Bake With Chicken: Prepare recipe as directed through Step Stir in 1 lb. chopped cooked chicken breast. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:4.26, Inflammation Score:-8, Nutrition Score:20.428260823955%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg, Kaempferol: 8.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 250.3kcal (12.51%), Fat: 16.82g (25.87%), Saturated Fat: 10.13g (63.3%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 13.27g (4.82%), Sugar: 5.55g (6.17%), Cholesterol: 45.84mg (15.28%), Sodium: 1648.74mg (71.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.56%), Vitamin C: 101.15mg (122.61%), Vitamin K: 117.92µg (112.31%), Vitamin A: 1256.52IU (25.13%), Calcium: 244.88mg (24.49%), Phosphorus: 232.55mg (23.25%), Folate: 89.45µg (22.36%), Vitamin B2: 0.35mg (20.85%), Potassium: 526.9mg (15.05%), Manganese: 0.3mg (14.84%), Vitamin B6: 0.28mg (13.98%), Selenium: 9.25µg (13.22%), Vitamin B5: 1.32mg (13.19%), Fiber: 3.12g (12.5%), Vitamin B1: 0.17mg (11.37%), Vitamin B12: 0.6µg (10.04%), Magnesium: 38.33mg (9.58%), Zinc: 1.34mg (8.94%), Vitamin E: 1.24mg (8.26%), Vitamin B3: 1.39mg (6.97%), Iron: 1.25mg (6.92%), Vitamin D: 0.77µg (5.1%), Copper: 0.08mg (3.81%)