



## Creamy Broccoli Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 16 ounce broccoli frozen thawed
- 2 tablespoons butter
- 1 cup round buttery crackers crushed
- 8 ounce cream cheese cubed
- 2 tablespoons flour all-purpose
- 2 cups milk
- 0.3 teaspoon salt

### Equipment

- sauce pan
- oven
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 4 to 6 minutes; drain.
- Melt butter in a large saucepan over medium heat. Stir in salt, flour, and milk. Cook, stirring constantly, until thick and bubbly. Stir in cream cheese until melted.
- Remove from heat, and stir in broccoli.
- Sprinkle 1/2 cup of crushed crackers over the bottom of a 1 1/2 quart casserole dish. Slowly pour the broccoli mixture into the dish, and top with remaining crushed crackers.
- Bake in preheated oven for 30 minutes.

## Nutrition Facts

**PROTEIN 10.6%** **FAT 64.46%** **CARBS 24.94%**

## Properties

Glycemic Index:27.75, Glycemic Load:3.27, Inflammation Score:-7, Nutrition Score:12.738260901493%

## Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg, Kaempferol: 4.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

## Nutrients (% of daily need)

Calories: 223.92kcal (11.2%), Fat: 16.51g (25.4%), Saturated Fat: 9.14g (57.1%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 12.68g (4.61%), Sugar: 5.58g (6.2%), Cholesterol: 43.48mg (14.49%), Sodium: 292.27mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.22%), Vitamin C: 50.58mg (61.3%), Vitamin K: 62.61µg (59.63%), Vitamin A: 920.25IU (18.41%), Phosphorus: 152.71mg (15.27%), Vitamin B2: 0.25mg (14.47%), Calcium: 141.89mg (14.19%), Folate: 47.21µg (11.8%), Potassium: 319.88mg (9.14%), Manganese: 0.18mg (8.91%), Selenium: 6.03µg (8.61%), Vitamin B1: 0.13mg (8.6%), Vitamin B6: 0.16mg (7.89%), Vitamin B5: 0.75mg (7.54%), Vitamin E: 1.06mg (7.07%), Fiber: 1.7g (6.79%), Vitamin B12: 0.4µg (6.63%), Magnesium: 23.69mg (5.92%), Iron: 0.87mg (4.83%), Vitamin B3: 0.93mg (4.65%), Zinc: 0.69mg (4.58%), Vitamin D: 0.67µg (4.47%), Copper: 0.05mg (2.28%)