



 **73%**  
HEALTH SCORE

## Creamy Veggies

 Vegetarian  Gluten Free  Very Healthy

READY IN



15 min.

SERVINGS



5

CALORIES



68 kcal

SIDE DISH

## Ingredients

- 16 oz broccoli frozen (California mix)
- 0.5 cup philadelphia cream cheese fat free ()
- 4 oz milk velveeta 2% cut into 1/2-inch cubes

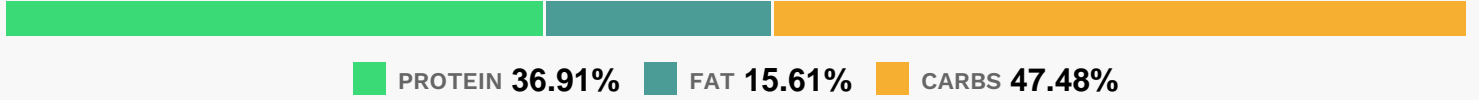
## Equipment

- microwave

## Directions

- Layer vegetables and 2% Milk VELVEETA in 1-1/2-qt. microwaveable dish; top with spoonful of cream cheese. Cover with waxed paper.
- Microwave on HIGH 13 min. or until heated through, turning dish after 7 min.
- Stir until blended.

## Nutrition Facts



### Properties

Glycemic Index:14, Glycemic Load:1.58, Inflammation Score:-7, Nutrition Score:15.392173917397%

### Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.11mg, Kaempferol: 7.11mg, Kaempferol: 7.11mg, Kaempferol: 7.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

### Nutrients (% of daily need)

Calories: 68.18kcal (3.41%), Fat: 1.29g (1.98%), Saturated Fat: 0.67g (4.19%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 6.46g (2.35%), Sugar: 3.87g (4.3%), Cholesterol: 5.43mg (1.81%), Sodium: 197.21mg (8.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Vitamin C: 80.92mg (98.09%), Vitamin K: 92.65µg (88.23%), Phosphorus: 200.98mg (20.1%), Folate: 65.06µg (16.27%), Calcium: 149.86mg (14.99%), Vitamin A: 613.9IU (12.28%), Vitamin B2: 0.2mg (11.61%), Potassium: 383.52mg (10.96%), Manganese: 0.2mg (9.76%), Fiber: 2.36g (9.43%), Vitamin B6: 0.18mg (9.19%), Vitamin B5: 0.79mg (7.94%), Magnesium: 26.74mg (6.69%), Vitamin B1: 0.09mg (5.74%), Vitamin B12: 0.34µg (5.62%), Selenium: 3.81µg (5.44%), Zinc: 0.8mg (5.36%), Vitamin E: 0.72mg (4.82%), Iron: 0.71mg (3.92%), Vitamin B3: 0.66mg (3.28%), Copper: 0.05mg (2.64%), Vitamin D: 0.25µg (1.66%)