



Crunchy-Topped Broccoli Casserole

READY IN



40 min.

SERVINGS



6

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 24 oz broccoli frozen
- ☐ 0.3 cup roasted peppers red drained coarsely chopped (from 7-oz jar)
- ☐ 0.8 cup all-bran cereal
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 teaspoon seasoning italian
- ☐ 1 tablespoon vegetable oil

Equipment

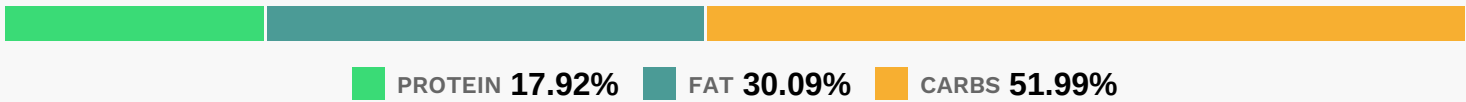
- ☐ food processor

- ☐ bowl
- ☐ oven
- ☐ ziploc bags
- ☐ microwave
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat oven to 350°F. In ungreased 8-inch square microwavable dish or 2-quart microwavable casserole, place broccoli & cheese sauce. Microwave on High 7 to 8 minutes or until cheese is melted and mixture is very hot; stir well. Stir in roasted peppers.
- ☐ Place cereal in resealable food-storage plastic bag; seal bag and slightly crush with rolling pin or meat mallet (or slightly crush in food processor). In small bowl, mix crushed cereal and remaining ingredients until blended.
- ☐ Sprinkle over broccoli mixture in casserole.
- ☐ Bake 20 to 25 minutes or until broccoli is crisp-tender and topping is crisp.

Nutrition Facts



Properties

Glycemic Index:13.61, Glycemic Load:3.02, Inflammation Score:-9, Nutrition Score:24.419130356415%

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: 87.17kcal (4.36%), Fat: 3.56g (5.47%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 8.47g (3.08%), Sugar: 3.15g (3.5%), Cholesterol: 1.45mg (0.48%), Sodium: 166.48mg (7.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin C: 105.42mg (127.78%), Vitamin K: 121.3µg (115.53%), Vitamin B6: 1.14mg (57.1%), Folate: 174.39µg (43.6%), Manganese: 0.83mg (41.57%), Vitamin B12: 1.48µg (24.66%), Fiber: 5.36g (21.44%), Vitamin B2: 0.35mg (20.65%), Vitamin A: 889.45IU (17.79%), Phosphorus: 175.95mg

(17.59%), Vitamin B1: 0.26mg (17.24%), Magnesium: 53.54mg (13.39%), Potassium: 451.07mg (12.89%), Iron: 2.31mg (12.82%), Calcium: 103.23mg (10.32%), Zinc: 1.51mg (10.09%), Vitamin B3: 1.91mg (9.56%), Vitamin E: 1.2mg (8.01%), Vitamin B5: 0.74mg (7.41%), Copper: 0.15mg (7.27%), Selenium: 4.17µg (5.96%), Vitamin D: 0.34µg (2.28%)