



## Crust-Topped Broccoli Cheese Bake

READY IN



40 min.

SERVINGS



14

CALORIES



188 kcal

CRUST

### Ingredients

- 32 oz broccoli florets frozen thawed drained
- 0.5 cup philadelphia chive & onion cream cheese spread ( )
- 10 oz cream of mushroom soup canned
- 1 eggs beaten
- 1 puff pastry frozen thawed
- 1 cup cheddar cheese shredded kraft
- 0.5 cup water

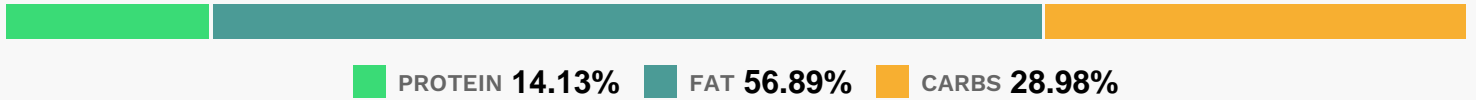
### Equipment

- bowl
- oven
- knife
- baking pan

## Directions

- Heat oven to 400F.
- Mix cream cheese spread, soup and water in large bowl until blended. Stir in broccoli and cheddar. Spoon into 2-1/2- to 3-qt. shallow rectangular or oval baking dish.
- Roll pastry sheet on lightly floured surface to fit top of baking dish. Cover dish completely with pastry. Press pastry edges against rim of dish to seal.
- Brush with egg; pierce with knife to vent.
- Bake 30 min. or until filling is heated through and pastry is puffed and golden brown.

## Nutrition Facts



## Properties

Glycemic Index:8.21, Glycemic Load:5.16, Inflammation Score:-6, Nutrition Score:12.732173795285%

## Flavonoids

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 5.08mg, Kaempferol: 5.08mg, Kaempferol: 5.08mg, Kaempferol: 5.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

## Nutrients (% of daily need)

Calories: 188.34kcal (9.42%), Fat: 12.19g (18.76%), Saturated Fat: 4.78g (29.89%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 11.98g (4.36%), Sugar: 1.52g (1.69%), Cholesterol: 25.8mg (8.6%), Sodium: 303.82mg (13.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.63%), Vitamin C: 57.8mg (70.06%), Vitamin K: 69.12µg (65.82%), Folate: 59.06µg (14.77%), Manganese: 0.28mg (14.2%), Selenium: 9.1µg (13.01%), Vitamin A: 578.74IU (11.57%), Vitamin B2: 0.19mg (11.03%), Phosphorus: 102.33mg (10.23%), Calcium: 101.82mg (10.18%), Vitamin B1: 0.12mg (8.22%), Fiber: 1.99g (7.95%), Potassium: 251.51mg (7.19%), Vitamin B6: 0.14mg (6.8%), Vitamin B3: 1.33mg (6.66%), Iron: 1.13mg (6.28%), Zinc: 0.92mg (6.13%), Magnesium: 20.47mg (5.12%), Copper: 0.1mg (4.92%), Vitamin B5: 0.49mg (4.91%), Vitamin E: 0.69mg (4.62%), Vitamin B12: 0.15µg (2.43%)