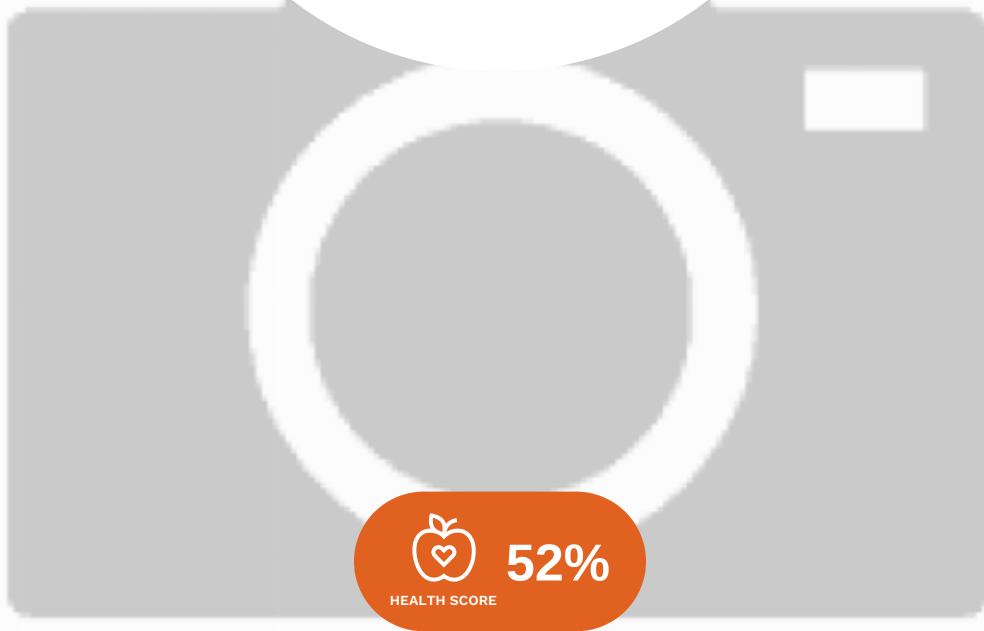


  
HEALTH SCORE 52%

## Dev's Dorm Room Casserole

READY IN



45 min.

SERVINGS



2

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 10 ounce broccoli florets frozen
- ☐ 0.5 cup fried onions french
- ☐ 10.8 ounce reduced fat reduced sodium condensed cream of mushroom soup canned
- ☐ 4 ounces pasta like spaghetti
- ☐ 4 cups water

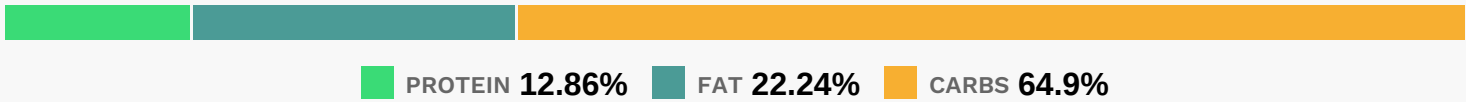
## Equipment

- ☐ microwave

# Directions

- ☐ Place 4 cups water in a 2 quart microwave–safe dish.
- ☐ Heat on high until bubbling, about 15 minutes. Break pasta in half, and drop into heated water. Microwave on high for 10 to 15 minutes, or until tender.
- ☐ Drain and set aside (keep warm).
- ☐ Cook broccoli according to microwave directions.
- ☐ Add cooked broccoli to noodles, reserving liquid. Stir in 1/4 cup fried onions and mushroom soup.
- ☐ Add reserved broccoli liquid. Toss thoroughly, and top with remaining onions. Cover, and microwave on high about 15 minutes, or until top is crunchy.
- ☐ Let stand for a few minutes.

## Nutrition Facts



## Properties

Glycemic Index:37, Glycemic Load:18.85, Inflammation Score:-8, Nutrition Score:24.738695683687%

## Flavonoids

Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 11.11mg, Kaempferol: 11.11mg, Kaempferol: 11.11mg, Kaempferol: 11.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

## Nutrients (% of daily need)

Calories: 431.38kcal (21.57%), Fat: 10.64g (16.37%), Saturated Fat: 3.84g (24.03%), Carbohydrates: 69.86g (23.29%), Net Carbohydrates: 63.15g (22.96%), Sugar: 6.38g (7.09%), Cholesterol: 6.1mg (2.03%), Sodium: 694.83mg (30.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.84g (27.69%), Vitamin C: 126.44mg (153.26%), Vitamin K: 144.64µg (137.75%), Selenium: 39.38µg (56.25%), Potassium: 1532.82mg (43.79%), Manganese: 0.82mg (40.88%), Fiber: 6.72g (26.88%), Folate: 99.51µg (24.88%), Calcium: 216.15mg (21.62%), Phosphorus: 200.71mg (20.07%), Vitamin A: 883.09IU (17.66%), Vitamin B6: 0.33mg (16.43%), Magnesium: 64.55mg (16.14%), Copper: 0.31mg (15.45%), Vitamin B2: 0.2mg (11.76%), Vitamin B5: 1.06mg (10.57%), Vitamin B1: 0.15mg (10.11%), Iron: 1.77mg (9.84%), Zinc: 1.43mg (9.52%), Vitamin B3: 1.87mg (9.35%), Vitamin E: 1.17mg (7.79%)