



Easy Broccoli & Cauliflower au Gratin

READY IN



20 min.

SERVINGS



10

CALORIES



182 kcal

SIDE DISH

Ingredients

- 5 cups broccoli florets
- 4 cups cauliflower florets
- 0.5 cup knudsen cream sour
- 4 oz philadelphia cream cheese cubed ()
- 0.3 cup milk
- 3 Tbsp parmesan cheese grated kraft
- 10 ritz crackers crushed
- 1.5 cups sharp cheddar cheese shredded kraft
- 0.5 cup water

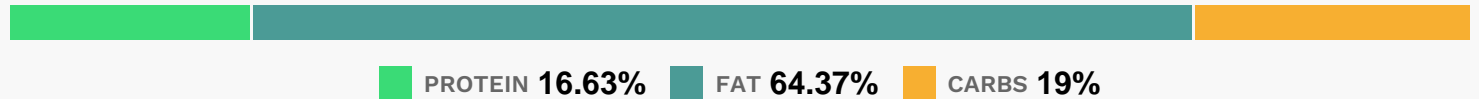
Equipment

- bowl
- microwave
- measuring cup

Directions

- Combine vegetables in 2-qt. microwaveable casserole.
- Add water; cover with lid. Microwave on HIGH 8 to 10 min. or until vegetables are tender; drain.
- Microwave cream cheese and milk in 2-cup microwaveable measuring cup or medium bowl 1 min. or until cream cheese is melted and mixture is well blended when stirred. Stir in sour cream; pour over vegetables.
- Sprinkle with cheddar; microwave 2 min. or until melted.
- Mix cracker crumbs and Parmesan; sprinkle over vegetables.

Nutrition Facts



Properties

Glycemic Index:15.6, Glycemic Load:1.36, Inflammation Score:-7, Nutrition Score:12.96000009516%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 181.82kcal (9.09%), Fat: 13.49g (20.75%), Saturated Fat: 7.32g (45.75%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 6.91g (2.51%), Sugar: 2.95g (3.28%), Cholesterol: 37.23mg (12.41%), Sodium: 232.66mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.68%), Vitamin C: 59.97mg (72.69%), Vitamin K: 54.97µg (52.35%), Calcium: 198.37mg (19.84%), Phosphorus: 170mg (17%), Folate: 58.99µg (14.75%), Vitamin A: 700.1IU (14%), Vitamin B2: 0.22mg (12.88%), Selenium: 8.35µg (11.93%), Potassium: 321.26mg (9.18%), Vitamin B6:

0.18mg (9.14%), Manganese: 0.18mg (8.97%), Fiber: 2.05g (8.21%), Zinc: 1.12mg (7.47%), Vitamin B5: 0.74mg (7.4%), Magnesium: 24.25mg (6.06%), Vitamin B1: 0.08mg (5.28%), Vitamin E: 0.77mg (5.14%), Vitamin B12: 0.28µg (4.7%), Iron: 0.69mg (3.83%), Vitamin B3: 0.68mg (3.39%), Copper: 0.05mg (2.69%), Vitamin D: 0.18µg (1.18%)