



Easy Carrot & Broccoli au Gratin

READY IN



25 min.

SERVINGS



8

CALORIES



91 kcal

SIDE DISH

Ingredients

- 2 cups baby carrots cut in half
- 4 cups broccoli florets
- 1 Tbsp butter melted
- 2 oz philadelphia cream cheese cubed ()
- 3 Tbsp parmesan cheese grated kraft
- 10 ritz crackers crushed
- 4 oz velveeta cut into 1/2-inch cubes
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Equipment

- bowl
- sauce pan
- microwave
- measuring cup

Directions

- Bring 3 cups water to boil in large saucepan on medium-high heat.
- Add carrots; simmer on medium-low heat 8 min.
- Add broccoli; simmer 3 min. or until vegetables are crisp-tender. Meanwhile, mix cracker crumbs, Parmesan and butter until blended.
- Microwave VELVEETA and cream cheese in 2-cup microwaveable measuring cup on HIGH 1 min.; stir. Microwave 30 sec. or until VELVEETA and cream cheese are completely melted and mixture is well blended when stirred.
- Drain vegetables; place in serving bowl. Top with cheese sauce; sprinkle with crumb mixture.

Nutrition Facts

PROTEIN 11.63% **FAT 51.91%** **CARBS 36.46%**

Properties

Glycemic Index:13.63, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:12.601304388403%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 90.55kcal (4.53%), Fat: 5.48g (8.44%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 6.47g (2.35%), Sugar: 2.87g (3.19%), Cholesterol: 12.61mg (4.2%), Sodium: 139.53mg (6.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Vitamin A: 4852.02IU (97.04%), Vitamin C: 41.42mg (50.2%), Vitamin K: 51.6µg (49.14%), Folate: 40.81µg (10.2%), Fiber: 2.2g (8.79%), Manganese: 0.17mg (8.32%), Phosphorus: 69.12mg (6.91%), Potassium: 237.31mg (6.78%), Calcium: 61.28mg (6.13%), Vitamin B6: 0.12mg

(6.05%), Vitamin B2: 0.1mg (5.77%), Vitamin B5: 0.45mg (4.51%), Iron: 0.8mg (4.45%), Selenium: 2.88µg (4.12%), Vitamin B1: 0.06mg (4.05%), Vitamin E: 0.6mg (3.98%), Magnesium: 14.8mg (3.7%), Vitamin B3: 0.66mg (3.3%), Copper: 0.06mg (3.05%), Zinc: 0.38mg (2.55%)