



Famous Broccoli Casserole

READY IN



45 min.

SERVINGS



32

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 oz broccoli frozen
- 16 oz broccoli frozen
- 21.5 oz cream of chicken soup canned
- 16 oz pasteurized process cheese spread cubed
- 13.8 oz chicken-flavored rice vermicelli mix prepared

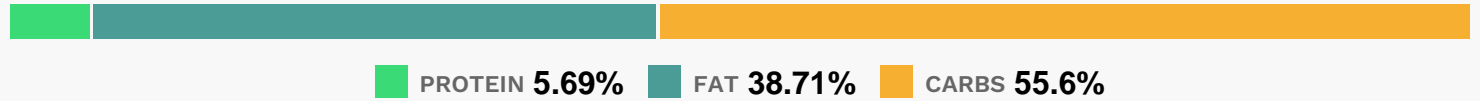
Equipment

- slow cooker

Directions

- Cook and drain broccoli; place in a slow cooker.
- Add soup and cheese; mix well. Stir in prepared rice vermicelli mix. Cover and cook on low setting for 3 to 4 hours, until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:5.16, Glycemic Load:6.67, Inflammation Score:-3, Nutrition Score:4.539565210757%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 113.28kcal (5.66%), Fat: 4.6g (7.08%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 14.08g (5.12%), Sugar: 1.78g (1.98%), Cholesterol: 9.25mg (3.08%), Sodium: 310.47mg (13.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Vitamin C: 21.49mg (26.05%), Vitamin K: 24.28µg (23.12%), Calcium: 67.23mg (6.72%), Vitamin A: 307.02IU (6.14%), Manganese: 0.12mg (6.11%), Phosphorus: 39.81mg (3.98%), Selenium: 2.78µg (3.98%), Folate: 15.26µg (3.81%), Fiber: 0.79g (3.18%), Iron: 0.46mg (2.53%), Potassium: 85.79mg (2.45%), Copper: 0.05mg (2.26%), Vitamin B2: 0.04mg (2.22%), Vitamin B6: 0.04mg (2.11%), Vitamin E: 0.28mg (1.88%), Magnesium: 7.07mg (1.77%), Vitamin B5: 0.17mg (1.75%), Zinc: 0.24mg (1.6%), Vitamin B1: 0.02mg (1.51%), Vitamin B3: 0.25mg (1.24%)