



Golden Broccoli Bake

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

Ingredients

- 3 cups broccoli frozen thawed chopped
- 10 ounces cream of mushroom soup undiluted canned
- 1 eggs
- 2 cups potatoes (with milk and butter) hot prepared mashed
- 8 ounces cheddar cheese shredded divided

Equipment

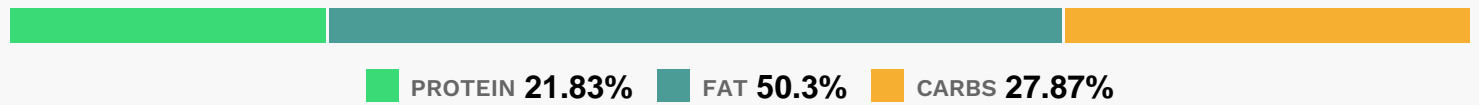
- bowl
- oven

baking pan

Directions

- In a bowl, combine the first four ingredients; mix well. Stir in 1 cup cheese.
- Transfer to a greased 11-in. x 7-in. baking dish.
- In a bowl, combine potatoes with remaining cheese; mix well.
- Spread over the meat mixture.
- Bake, uncovered, at 350° for 30 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:9.77, Inflammation Score:-7, Nutrition Score:16.337391345397%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg, Kaempferol: 4.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 262.39kcal (13.12%), Fat: 14.91g (22.94%), Saturated Fat: 8.12g (50.76%), Carbohydrates: 18.58g (6.19%), Net Carbohydrates: 15.8g (5.75%), Sugar: 1.45g (1.61%), Cholesterol: 67.44mg (22.48%), Sodium: 611.34mg (26.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.12%), Vitamin C: 53.04mg (64.29%), Vitamin K: 47.14µg (44.89%), Calcium: 302.32mg (30.23%), Phosphorus: 270.28mg (27.03%), Selenium: 14.26µg (20.37%), Vitamin B2: 0.3mg (17.79%), Manganese: 0.35mg (17.35%), Vitamin B6: 0.34mg (17.05%), Zinc: 2.38mg (15.9%), Potassium: 532.5mg (15.21%), Vitamin A: 693.87IU (13.88%), Folate: 53.61µg (13.4%), Fiber: 2.78g (11.11%), Copper: 0.21mg (10.47%), Magnesium: 39.73mg (9.93%), Vitamin B12: 0.54µg (9.03%), Vitamin B5: 0.82mg (8.18%), Iron: 1.39mg (7.7%), Vitamin B1: 0.11mg (7.37%), Vitamin B3: 1.47mg (7.35%), Vitamin E: 0.71mg (4.74%), Vitamin D: 0.37µg (2.49%)