

Grandma's Cream of Broccoli

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

Ingredients

- 1 cup broccoli chopped
- 2 tablespoons butter
- 14.5 ounces evaporated milk
- 3 tablespoons flour all-purpose
- 1.5 teaspoons onion grated
- 1.5 teaspoons salt
- 1 cup water

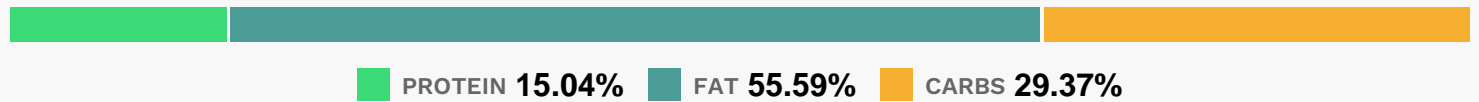
Equipment

- bowl
- sauce pan
- whisk

Directions

- In a medium saucepan, bring 3 cups water and salt to a boil. Cook broccoli in boiling water, uncovered, for 10 to 12 minutes.
- Drain, place broccoli in a small bowl, and mash.
- Melt butter in a large saucepan over medium heat.
- Mix in flour, and then gradually whisk in milk and water; stir continuously until liquid begins to boil. Stir in grated onion and mashed broccoli. Season with remaining salt.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:2.27, Inflammation Score:-4, Nutrition Score:6.3160868507365%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 144.79kcal (7.24%), Fat: 9.06g (13.93%), Saturated Fat: 5.57g (34.79%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 10.27g (3.74%), Sugar: 7.16g (7.96%), Cholesterol: 29.9mg (9.97%), Sodium: 690.91mg (30.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Calcium: 189.05mg (18.9%), Vitamin C: 14.42mg (17.48%), Phosphorus: 154.07mg (15.41%), Vitamin K: 15.71µg (14.96%), Vitamin B2: 0.25mg (14.94%), Potassium: 259.92mg (7.43%), Vitamin A: 371.75IU (7.43%), Folate: 21.82µg (5.45%), Vitamin B5: 0.54mg (5.43%), Magnesium: 20.9mg (5.23%), Vitamin B1: 0.07mg (4.83%), Selenium: 3.26µg (4.66%), Zinc: 0.62mg (4.16%), Manganese: 0.06mg (3.13%), Vitamin B6: 0.06mg (3.12%), Iron: 0.42mg (2.32%), Vitamin B3: 0.45mg (2.25%), Vitamin E: 0.33mg (2.23%), Vitamin B12: 0.12µg (1.96%), Fiber: 0.49g (1.96%), Copper: 0.03mg (1.53%)