



 **19%**
HEALTH SCORE

Peggy's Broccoli Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



773 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 20 ounce broccoli frozen chopped
- 1 tablespoon butter melted
- 10.8 ounce cream of chicken soup canned
- 8 ounce cream cheese softened
- 2 eggs
- 2 tablespoons flour all-purpose
- 0.5 cup mayonnaise
- 0.3 cup onion chopped to taste
- 0.3 cup ranch dressing

- 2 cups cheddar cheese shredded
- 0.5 cup cream sour
- 1 cup bread stuffing mix

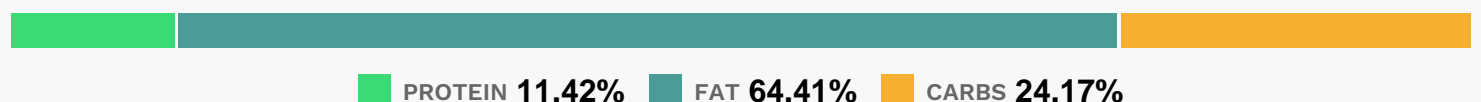
Equipment

- bowl
- sauce pan
- oven
- baking pan
- casserole dish
- colander

Directions

- Preheat an oven to 350 degrees F (175 degrees C). Prepare a 2 quart casserole dish with cooking spray.
- Place the frozen broccoli into a large saucepan and cover with water, and bring to a boil over high heat. When the water has come to a boil and the broccoli is no longer frozen, drain in a colander set in the sink.
- While waiting for the broccoli to come to a boil, beat the cream cheese and eggs in a large bowl until smooth.
- Add the condensed soup, ranch dressing, sour cream, mayonnaise, onion, and flour; mix well. Stir in the drained broccoli along with the Cheddar cheese until evenly mixed.
- Pour into the prepared baking dish. Toss the dry stuffing mix with the melted butter, and spread evenly over the top of the casserole.
- Bake in the preheated oven until the sauce is bubbly, and the top is golden brown, 30 to 35 minutes.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:55.17, Glycemic Load:5.17, Inflammation Score:-9, Nutrition Score:29.973912829938%

Flavonoids

Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 7.45mg, Kaempferol: 7.45mg, Kaempferol: 7.45mg, Kaempferol: 7.45mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 773.38kcal (38.67%), Fat: 55.88g (85.97%), Saturated Fat: 22.65g (141.57%), Carbohydrates: 47.19g (15.73%), Net Carbohydrates: 43.29g (15.74%), Sugar: 8.26g (9.18%), Cholesterol: 161.63mg (53.88%), Sodium: 1557.51mg (67.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.58%), Vitamin K: 144.96µg (138.06%), Vitamin C: 85.01mg (103.04%), Selenium: 43.06µg (61.51%), Calcium: 427.08mg (42.71%), Phosphorus: 417.99mg (41.8%), Vitamin B2: 0.67mg (39.57%), Folate: 153.39µg (38.35%), Vitamin A: 1840.01IU (36.8%), Manganese: 0.51mg (25.63%), Vitamin B1: 0.36mg (24.28%), Vitamin E: 2.89mg (19.25%), Zinc: 2.8mg (18.67%), Iron: 3.3mg (18.35%), Vitamin B3: 3.32mg (16.61%), Potassium: 566.7mg (16.19%), Vitamin B6: 0.32mg (15.95%), Vitamin B5: 1.59mg (15.9%), Fiber: 3.9g (15.6%), Magnesium: 56.85mg (14.21%), Copper: 0.25mg (12.5%), Vitamin B12: 0.7µg (11.74%), Vitamin D: 0.57µg (3.78%)