



Potato and Broccoli Casserole

READY IN



70 min.

SERVINGS



6

CALORIES



709 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 head broccoli fresh cut into florets
- 21.5 ounce condensed cream of broccoli soup canned
- 1 teaspoon mustard dijon-style prepared
- 6 large potatoes cubed
- 1 cup saltines crushed
- 2.5 cups cheddar cheese shredded
- 1 cup heavy whipping cream sour

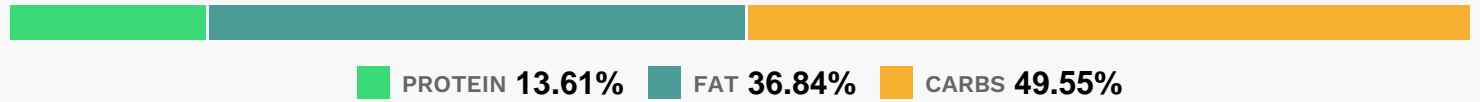
Equipment

- bowl
- oven
- casserole dish

Directions

- Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 3 quart casserole dish.
- In a large bowl, mix together cream soups, cheddar cheese, sour cream, and mustard. Stir in potatoes and broccoli. Spoon into prepared casserole dish. Top with crushed crackers.
- Bake for 45 minutes to 1 hour, or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:48.81, Inflammation Score:-9, Nutrition Score:39.465217543685%

Flavonoids

Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 10.9mg, Kaempferol: 10.9mg, Kaempferol: 10.9mg, Kaempferol: 10.9mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 709kcal (35.45%), Fat: 29.72g (45.72%), Saturated Fat: 14.46g (90.35%), Carbohydrates: 89.94g (29.98%), Net Carbohydrates: 78.21g (28.44%), Sugar: 7.6g (8.44%), Cholesterol: 80.87mg (26.96%), Sodium: 1018.52mg (44.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.39%), Vitamin C: 163.63mg (198.34%), Vitamin K: 132.52µg (126.21%), Vitamin B6: 1.33mg (66.74%), Potassium: 2076.41mg (59.33%), Phosphorus: 565.26mg (56.53%), Manganese: 1.09mg (54.54%), Calcium: 498.75mg (49.88%), Fiber: 11.72g (46.9%), Folate: 152.79µg (38.2%), Vitamin B2: 0.61mg (35.63%), Vitamin B1: 0.5mg (33.02%), Vitamin A: 1636.46IU (32.73%), Magnesium: 130.86mg (32.71%), Selenium: 21.7µg (31%), Copper: 0.6mg (30.11%), Vitamin B5: 2.99mg (29.89%), Vitamin B3: 5.62mg (28.11%), Iron: 4.89mg (27.17%), Zinc: 3.55mg (23.65%), Vitamin E: 2.88mg (19.17%), Vitamin B12: 0.63µg (10.51%), Vitamin D: 0.28µg (1.88%)