



## Quick and Simple Broccoli and Cheese

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



157 kcal

SIDE DISH

### Ingredients

- 10 ounce broccoli florets frozen thawed
- 3 tablespoons butter melted
- 4 servings salt and pepper to taste
- 0.5 cup cheddar cheese shredded

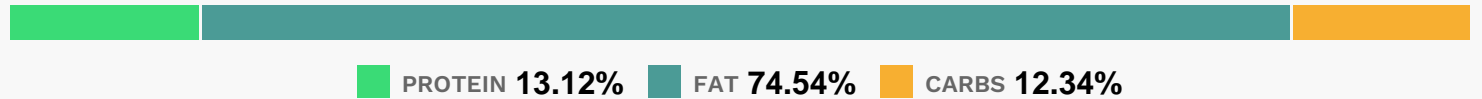
### Equipment

- casserole dish
- microwave

## Directions

- Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes.
- Drain and transfer to a microwave safe casserole dish.
- Pour melted butter over broccoli (use more or less, to taste) and season with salt and pepper.
- Sprinkle cheese over the top and microwave, on high, for 1 minute, or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:12.226086930088%

## Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

## Nutrients (% of daily need)

Calories: 157.01kcal (7.85%), Fat: 13.58g (20.89%), Saturated Fat: 8.19g (51.19%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 3.21g (1.17%), Sugar: 1.26g (1.4%), Cholesterol: 36.7mg (12.23%), Sodium: 377.07mg (16.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.76%), Vitamin C: 63.22mg (76.63%), Vitamin K: 73.37µg (69.87%), Vitamin A: 845.47IU (16.91%), Calcium: 135.81mg (13.58%), Folate: 47.93µg (11.98%), Phosphorus: 113.99mg (11.4%), Vitamin B2: 0.15mg (8.75%), Selenium: 5.87µg (8.39%), Manganese: 0.15mg (7.54%), Fiber: 1.84g (7.37%), Potassium: 237.4mg (6.78%), Vitamin B6: 0.13mg (6.7%), Vitamin E: 0.9mg (6.02%), Zinc: 0.82mg (5.46%), Vitamin B5: 0.48mg (4.76%), Magnesium: 18.91mg (4.73%), Vitamin B1: 0.05mg (3.66%), Iron: 0.54mg (3.02%), Vitamin B12: 0.17µg (2.79%), Vitamin B3: 0.46mg (2.32%), Copper: 0.04mg (1.98%)