



## Quinoa Broccoli Casserole

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 cups broccoli chopped
- ☐ 10 ounce cream of mushroom soup low-sodium canned
- ☐ 0.5 cup french-fried onions
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 teaspoon lemon pepper
- ☐ 1 teaspoon olive oil
- ☐ 1 cup quinoa
- ☐ 1 teaspoon salt

- ☐ 1 cup cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream light sour
- ☐ 2 cups water

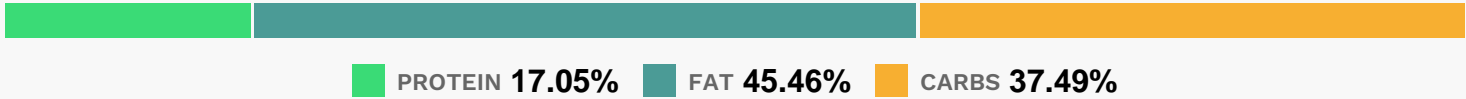
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Place quinoa in a bowl; pour in enough water to cover. Soak for 30 minutes.
- ☐ Drain and rinse several times.
- ☐ Bring quinoa, water, olive oil, and 1 teaspoon salt to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and the water has been absorbed, about 20 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease an 8-inch square baking dish.
- ☐ Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil.
- ☐ Add broccoli, cover, and steam until tender, 2 to 4 minutes.
- ☐ Stir broccoli, cream of mushroom soup, Cheddar cheese, 1/2 cup French-fried onions, sour cream, and lemon pepper into cooked quinoa; season with salt and black pepper to taste. Spoon quinoa mixture into the prepared baking dish.
- ☐ Bake in the preheated oven until heated through, 10 minutes.
- ☐ Sprinkle with 1/2 cup French-fried onions and bake until topping is lightly browned, about 5 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:0.56, Inflammation Score:-6, Nutrition Score:14.60869566254%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 282.12kcal (14.11%), Fat: 14.35g (22.07%), Saturated Fat: 6.75g (42.19%), Carbohydrates: 26.63g (8.88%), Net Carbohydrates: 23.68g (8.61%), Sugar: 0.61g (0.67%), Cholesterol: 27.9mg (9.3%), Sodium: 915.67mg (39.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.11g (24.21%), Manganese: 0.84mg (41.88%), Vitamin C: 26.34mg (31.92%), Vitamin K: 31.58µg (30.07%), Phosphorus: 263.1mg (26.31%), Folate: 80.06µg (20.01%), Calcium: 193.7mg (19.37%), Magnesium: 73.83mg (18.46%), Zinc: 2.32mg (15.46%), Vitamin B2: 0.26mg (15.27%), Copper: 0.3mg (15.2%), Selenium: 9.09µg (12.98%), Fiber: 2.95g (11.8%), Vitamin B6: 0.23mg (11.32%), Iron: 1.93mg (10.74%), Potassium: 372.72mg (10.65%), Vitamin B1: 0.15mg (9.72%), Vitamin A: 440.66IU (8.81%), Vitamin E: 1.22mg (8.13%), Vitamin B12: 0.36µg (5.93%), Vitamin B5: 0.56mg (5.6%), Vitamin B3: 1.07mg (5.36%), Vitamin D: 0.15µg (1.01%)