



Stuffing-Topped Vegetable Bake

READY IN



45 min.

SERVINGS



45

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups broccoli florets
- 4 cups cauliflower florets
- 1 cup triple cheddar cheese shredded with a touch of philadelphia kraft
- 8 oz philadelphia cream cheese spread
- 0.5 tsp garlic powder
- 2 Tbsp milk
- 6 oz stove top stuffing mix for chicken

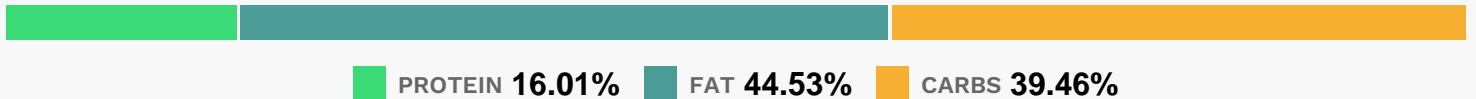
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Heat oven to 375F.
- Cook vegetables in boiling water in medium saucepan 3 min.; drain well. Return vegetables to pan.
- Mix cream cheese spread, milk and garlic powder until blended.
- Add to vegetables; toss to coat. Spoon into 13x9-inch baking dish sprayed with cooking spray; top with cheddar.
- Prepare stuffing as directed on package; spoon over vegetable mixture.
- Bake 20 min. or until heated through.
- Let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:2.98, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:2.7147826358028%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 42.82kcal (2.14%), Fat: 2.15g (3.31%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.78g (1.37%), Sugar: 0.82g (0.91%), Cholesterol: 5.75mg (1.92%), Sodium: 98.53mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin C: 11.5mg (13.94%), Vitamin K: 9.73µg (9.27%), Folate: 17.06µg (4.26%), Selenium: 2.8µg (4%), Calcium: 34.07mg (3.41%), Manganese: 0.05mg (2.69%), Phosphorus: 26.9mg (2.69%), Vitamin A: 124.59IU (2.49%), Vitamin B2: 0.04mg (2.48%), Vitamin B1: 0.03mg (2.26%), Fiber: 0.51g (2.05%), Vitamin B6: 0.04mg (1.95%), Potassium: 64.78mg (1.85%), Vitamin B3: 0.32mg

(1.58%), Iron: 0.25mg (1.37%), Vitamin B5: 0.13mg (1.34%), Magnesium: 5.33mg (1.33%), Zinc: 0.19mg (1.25%)