



Swiss Vegetable Casserole

READY IN



50 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb broccoli frozen cooked drained
- 2 tablespoons butter
- 0.3 cup round buttery crackers crushed
- 2 tablespoons flour all-purpose
- 6 spring onion cut into 1/2-inch pieces (1/2 cup)
- 1.5 cups milk
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 4 oz swiss cheese shredded

Equipment

- sauce pan
- oven

Directions

- Heat oven to 350F. Spray 1- to 1 1/2-quart casserole with cooking spray. In 2-quart saucepan, melt butter over medium heat.
- Add onions; cook and stir 2 to 3 minutes or until tender.
- Stir in flour, salt and pepper. Gradually add milk, stirring constantly. Cook and stir until mixture is bubbly and thickened.
- Remove from heat.
- Add 3/4 cup of the cheese; stir until melted. Stir in cooked vegetables. Spoon mixture into casserole.
- Sprinkle with crushed crackers and remaining 1/4 cup cheese.
- Bake 25 to 30 minutes or until topping is golden brown and casserole is bubbly.

Nutrition Facts

PROTEIN 19.65% **FAT 55.48%** **CARBS 24.87%**

Properties

Glycemic Index:29.5, Glycemic Load:2.78, Inflammation Score:-7, Nutrition Score:13.583912849426%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.57mg, Kaempferol: 4.57mg, Kaempferol: 4.57mg, Kaempferol: 4.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 146.61kcal (7.33%), Fat: 9.36g (14.4%), Saturated Fat: 4.19g (26.18%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 7.63g (2.77%), Sugar: 3.53g (3.92%), Cholesterol: 18.67mg (6.22%), Sodium: 186.02mg (8.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.91%), Vitamin K: 77.79µg (74.09%), Vitamin C: 52.27mg (63.36%), Calcium: 219.96mg (22%), Phosphorus: 176.32mg (17.63%), Vitamin A: 760.1IU (15.2%), Folate: 47.58µg (11.89%), Vitamin B2: 0.2mg (11.48%), Vitamin B12: 0.68µg (11.31%), Selenium: 7.33µg (10.47%), Potassium: 288.84mg

(8.25%), Manganese: 0.16mg (8.15%), Zinc: 1.1mg (7.33%), Fiber: 1.81g (7.24%), Vitamin B6: 0.14mg (7.24%), Vitamin B1: 0.1mg (6.39%), Magnesium: 24.8mg (6.2%), Vitamin B5: 0.58mg (5.82%), Vitamin E: 0.78mg (5.17%), Iron: 0.74mg (4.11%), Vitamin D: 0.5µg (3.36%), Vitamin B3: 0.67mg (3.35%), Copper: 0.05mg (2.39%)