



Vegetable & Stuffing Bake

READY IN



35 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

Ingredients

- 16 oz broccoli florets frozen thawed drained
- 0.5 cup milk
- 0.8 cup miracle whip dressing
- 1 cup cheddar cheese shredded kraft
- 6 oz stove top stuffing mix

Equipment

- bowl
- oven

baking pan

Directions

- Heat oven to 350F.
- Mix dressing and milk in large bowl until blended.
- Add remaining ingredients; mix lightly.
- Spoon into 8-inch square baking dish.
- Bake 20 to 25 min. or until heated through.

Nutrition Facts



PROTEIN 16.22% **FAT 32.22%** **CARBS 51.56%**

Properties

Glycemic Index:16.17, Glycemic Load:1.46, Inflammation Score:-7, Nutrition Score:18.10956504034%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg, Kaempferol: 5.93mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 250.95kcal (12.55%), Fat: 9.16g (14.09%), Saturated Fat: 4.51g (28.19%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 29.49g (10.72%), Sugar: 7.95g (8.84%), Cholesterol: 24.43mg (8.14%), Sodium: 805.33mg (35.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.74%), Vitamin C: 67.43mg (81.74%), Vitamin K: 77.94µg (74.22%), Selenium: 21.21µg (30.31%), Folate: 99.21µg (24.8%), Calcium: 223.1mg (22.31%), Phosphorus: 198.26mg (19.83%), Vitamin B2: 0.31mg (18.48%), Manganese: 0.33mg (16.49%), Vitamin B1: 0.24mg (15.97%), Vitamin A: 715.19IU (14.3%), Fiber: 3.48g (13.91%), Vitamin B3: 2.15mg (10.74%), Potassium: 369.25mg (10.55%), Vitamin B6: 0.2mg (10.04%), Iron: 1.7mg (9.45%), Zinc: 1.35mg (8.99%), Magnesium: 34.74mg (8.69%), Vitamin B5: 0.7mg (7%), Vitamin E: 0.85mg (5.66%), Copper: 0.11mg (5.55%), Vitamin B12: 0.32µg (5.25%), Vitamin D: 0.34µg (2.24%)