



## Vegetable & Stuffing Bake

READY IN



35 min.

SERVINGS



6

CALORIES



266 kcal

SIDE DISH

### Ingredients

- 16 oz broccoli florets frozen thawed
- 1 cup milk cheddar cheese shredded 2% kraft
- 0.7 cup milk fat-free
- 0.5 cup mayo reduced fat mayonnaise light kraft
- 6 oz stove top lower sodium stuffing mix for chicken

### Equipment

- bowl
- oven

baking pan

## Directions

- Heat oven to 350F.
- Mix mayo and milk in large bowl until blended.
- Add remaining ingredients; mix lightly.
- Spoon into 11x7-inch baking dish sprayed with cooking spray.
- Bake 20 to 25 min. or until heated through.

## Nutrition Facts



**PROTEIN 15.8%**   **FAT 39.46%**   **CARBS 44.74%**

## Properties

Glycemic Index:15.38, Glycemic Load:1.54, Inflammation Score:-7, Nutrition Score:18.844782310983%

## 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: 265.65kcal (13.28%), Fat: 11.81g (18.17%), Saturated Fat: 4.6g (28.74%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 27.26g (9.91%), Sugar: 5.73g (6.37%), Cholesterol: 22.92mg (7.64%), Sodium: 711.96mg (30.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.64g (21.28%), Vitamin K: 87.9µg (83.71%), Vitamin C: 67.43mg (81.74%), Selenium: 21.86µg (31.22%), Folate: 100.5µg (25.13%), Calcium: 233.24mg (23.32%), Phosphorus: 208.05mg (20.81%), Vitamin B2: 0.32mg (18.92%), Manganese: 0.33mg (16.56%), Vitamin B1: 0.24mg (16.32%), Vitamin A: 728.86IU (14.58%), Fiber: 2.87g (11.49%), Vitamin B3: 2.16mg (10.81%), Potassium: 374.38mg (10.7%), Vitamin B6: 0.2mg (10.23%), Iron: 1.69mg (9.38%), Zinc: 1.4mg (9.34%), Magnesium: 35.94mg (8.99%), Vitamin E: 1.25mg (8.32%), Vitamin B5: 0.73mg (7.32%), Vitamin B12: 0.36µg (6.05%), Copper: 0.11mg (5.74%), Vitamin D: 0.41µg (2.75%)