



Walnut Broccoli Bake

READY IN



40 min.

SERVINGS



12

CALORIES



199 kcal

SIDE DISH

Ingredients

- 9 cups broccoli frozen chopped
- 0.5 cup butter divided
- 4.5 teaspoons chicken soup base
- 0.3 cup flour all-purpose
- 4 cups croutons
- 0.5 cup walnut pieces chopped
- 0.5 cup water
- 2 cups milk whole

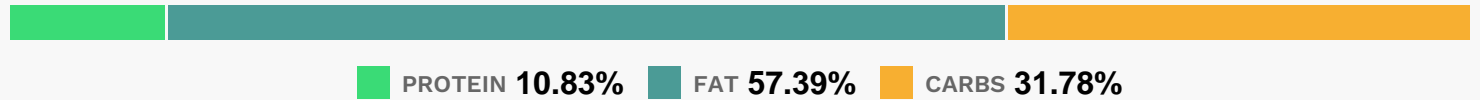
Equipment

- sauce pan
- oven
- baking pan

Directions

- Cook broccoli according to package directions; drain and transfer to a greased 3-qt. baking dish.
- Meanwhile, in a large saucepan, melt 1/4 cup butter. Stir in flour and bouillon. Gradually add milk. Bring to a boil. Reduce heat; cook and stir for 2 minutes or until thickened and bubbly.
- Pour over broccoli.
- In a large saucepan, melt remaining butter.
- Add the water, stuffing and walnuts; mix well. Spoon over broccoli.
- Bake, uncovered, at 375° for 20-25 minutes or until stuffing is lightly browned.

Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:8.01, Inflammation Score:-7, Nutrition Score:13.858695434487%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 198.72kcal (9.94%), Fat: 13.18g (20.28%), Saturated Fat: 6.17g (38.58%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 13.8g (5.02%), Sugar: 3.35g (3.72%), Cholesterol: 25.31mg (8.44%), Sodium: 347.56mg (15.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Vitamin C: 58.94mg (71.45%), Vitamin K: 68.24µg (64.99%), Manganese: 0.38mg (18.78%), Folate: 64.85µg (16.21%), Vitamin A: 714.41IU (14.29%), Phosphorus: 119.33mg (11.93%), Vitamin B1: 0.17mg (11.35%), Vitamin B2: 0.19mg (11.01%), Selenium: 7.6µg (10.86%), Fiber: 2.62g

(10.49%), Calcium: 97.78mg (9.78%), Potassium: 310.83mg (8.88%), Vitamin B6: 0.17mg (8.56%), Magnesium: 30.82mg (7.71%), Copper: 0.13mg (6.59%), Iron: 1.16mg (6.46%), Vitamin B5: 0.63mg (6.27%), Vitamin B3: 1.24mg (6.2%), Vitamin E: 0.79mg (5.29%), Zinc: 0.71mg (4.7%), Vitamin B12: 0.24µg (3.97%), Vitamin D: 0.45µg (2.98%)