



Zesty Broccoli Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 30 ounce broccoli florets frozen thawed
- ☐ 2 teaspoons butter melted
- ☐ 8 ounce water chestnuts rinsed drained sliced canned
- ☐ 4 ounces cream cheese fat-free softened
- ☐ 1 cup mayonnaise fat-free
- ☐ 1.5 cups milk fat-free
- ☐ 2.5 tablespoons flour all-purpose

- ☐ 0.8 cup onion chopped ()
- ☐ 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.5 teaspoon salt
- ☐ 3 ounces sharp cheddar cheese shredded

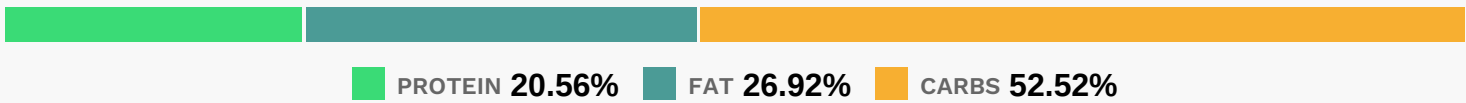
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Arrange broccoli in an even layer in an 11 x 7-inch baking dish coated with cooking spray; set aside.
- ☐ Combine milk, flour, salt, and pepper in a large saucepan over medium-high heat; bring to a boil. Cook 1 minute or until thick, stirring constantly.
- ☐ Remove from heat.
- ☐ Add cheddar and cream cheeses; stir until smooth. Stir in mayonnaise, onion, and water chestnuts. Spoon cheese mixture evenly over broccoli.
- ☐ Place panko in a small bowl.
- ☐ Drizzle with butter, and toss.
- ☐ Sprinkle breadcrumb mixture evenly over cheese mixture. Lightly spray breadcrumb layer with cooking spray.
- ☐ Bake at 375 for 25 minutes or until mixture begins to bubble and breadcrumbs brown.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:3.04, Inflammation Score:-7, Nutrition Score:17.8599999946926%

Flavonoids

Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 6.75mg, Kaempferol: 6.75mg, Kaempferol: 6.75mg, Kaempferol: 6.75mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 161.81kcal (8.09%), Fat: 5.07g (7.81%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 18.27g (6.65%), Sugar: 8g (8.88%), Cholesterol: 15.2mg (5.07%), Sodium: 519.28mg (22.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.44%), Vitamin C: 77.2mg (93.58%), Vitamin K: 93.25µg (88.81%), Phosphorus: 214.92mg (21.49%), Calcium: 202.97mg (20.3%), Folate: 72.68µg (18.17%), Fiber: 4g (16.02%), Vitamin B2: 0.26mg (15.18%), Manganese: 0.3mg (15.02%), Vitamin A: 721.55IU (14.43%), Vitamin B6: 0.26mg (12.94%), Potassium: 450.52mg (12.87%), Selenium: 7.98µg (11.41%), Vitamin B1: 0.16mg (10.38%), Vitamin B5: 0.85mg (8.49%), Zinc: 1.24mg (8.28%), Magnesium: 32.99mg (8.25%), Iron: 1.33mg (7.38%), Vitamin B12: 0.43µg (7.14%), Vitamin E: 0.95mg (6.31%), Vitamin B3: 1.17mg (5.84%), Copper: 0.11mg (5.45%), Vitamin D: 0.46µg (3.04%)