

Broccoli Casserole III

Sondra Rawlins

Gourmet Eating in South Carolina - (1985)

1 large package frozen broccoli
1 can cream of mushroom soup
1 carton (8 ounce) sour cream
1 onion, chopped
shredded cheese

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Preheat the oven to 325 degrees.

Cook the broccoli according to package directions. Place the broccoli in a baking dish.

In a bowl, mix together the soup, sour cream and onion. Pour over the broccoli.

Sprinkle cheese over the top.

Bake for 30 minutes.

Per Serving (excluding unknown items): 664 Calories; 57g Fat (76.6% calories from fat); 11g Protein; 29g Carbohydrate; 2g Dietary Fiber; 105mg Cholesterol; 1158mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 1/2 Non-Fat Milk; 11 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	664	Vitamin B6 (mg):	.2mg
% Calories from Fat:	76.6%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	17.0%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	6.4%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	57g	Folacin (mcg):	51mcg
Saturated Fat (g):	32g	Niacin (mg):	1mg
Monounsaturated Fat (g):	16g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	105mg	% Refuse:	0 0%
Carbohydrate (g):	29g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1/2
Protein (g):	11g	Lean Meat:	0

Sodium (mg): 1158mg
Potassium (mg): 606mg
Calcium (mg): 337mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 11mg
Vitamin A (i.u.): 1838IU
Vitamin A (r.e.): 547RE

Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 1/2
Fat: 11 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 664 Calories from Fat: 508

% Daily Values*

Total Fat	57g		88%
Saturated Fat	32g		162%
Cholesterol	105mg		35%
Sodium	1158mg		48%
Total Carbohydrates	29g		10%
Dietary Fiber	2g		10%
Protein	11g		
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Vitamin A			37%
Vitamin C			18%
Calcium			34%
Iron			5%

** Percent Daily Values are based on a 2000 calorie diet.*