



Broccoli Cheddar



Ingredients



Casserole

- 1 can condensed cream of mushroom soup
- 1 cup sharp cheddar cheese
- 1/2 cup milk
- 1/4 teaspoon hot pepper sauce
- 1 cup chopped carrots
- 4 cups frozen broccoli florets, thawed, drained
- 2 T butter, melted
- 1 cup bread crumbs



Directions



1. Heat over to 350 degrees. Spray 1 1/2 quart casserole with nonstick cooking spray
2. In a large bowl, combine soup, cheese, milk, and hot peeper sauce; blend well. Add carrots and broccoli; stir gently to mix. Pour into sprayed casserole
3. In a small bowl, combine topping ingredients; mix well. Sprinkle over top of casserole
4. Bake for 35 to 40 min or until bubbly



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Fast Facts



This Recipe Provides 

 Calcium	 Fiber	 Vitamin C
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Cooking Tips 

- Add any vegetables that you have on hand
- Blend up a piece of bread to use in place of bread crumbs

Nutrition Facts 

Nutrition Facts	
Serving Size (179g)	
Servings Per Container 6	
Amount Per Serving	
Calories 275	Calories from Fat 143
% Daily Value*	
Total Fat 15.9g	24%
Saturated Fat 9.6g	48%
Trans Fat 0g	
Cholesterol 44mg	15%
Potassium 321mg	9%
Sodium 694mg	29%
Total Carbohydrate 22.5g	8%
Dietary Fiber 2.8g	11%
Sugars 3.5g	
Protein 11.7g	23%
Vitamin A 17%	Vitamin C 90%
Calcium 28%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

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