

Broccoli with Cheddar Cheese

submitted by traxe



Per serving: 237 Calories • 14g Carbs (7.6g Fiber) • 16g Fat • 13.7g Protein

Ingredients

Ingredients scaled to: 2 serving

- 1 package (16 oz) **Broccoli** (453 grams)
- 1 tbsp **Butter** (14.2 grams)
- 1 tsp **Garlic powder** (3.1 grams)
- 2 tsp, ground **Pepper** (4.8 grams)
- 1 dash **Salt** (0.40 grams)
- 2 oz **Cheddar cheese** (56.7 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Microwave 1 lb frozen broccoli for 4 minutes 30 seconds.
2. Drain water.
3. Melt butter in pot or saucepan
4. Add broccoli and cook until hot
5. Add spices and stir
6. Add grated cheddar cheese and stir. Serve hot and enjoy!