



Broccoli and Cheddar Skillet Flan

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



339 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 10 oz broccoli frozen thawed chopped
- ☐ 6 large eggs
- ☐ 0.8 teaspoon rounded ground nutmeg
- ☐ 1 lb hash browns frozen thawed
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup parmigiano-reggiano grated
- ☐ 0.8 teaspoon salt
- ☐ 1 large shallots chopped

- ☐ 1 cup sharp cheddar grated
- ☐ 1 cup milk whole

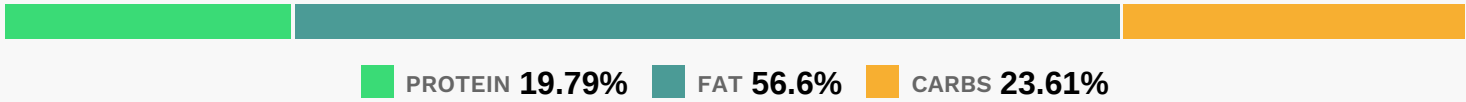
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ broiler

Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Whisk together eggs, milk, pepper, nutmeg, and 1/4 teaspoon salt until combined, then whisk in Cheddar and 3 tablespoons parmesan.
- ☐ Heat oil in a well-seasoned 10-inch cast-iron skillet over moderately high heat until hot but not smoking, then sauté shallot, stirring occasionally, until browned, about 3 minutes.
- ☐ Add hash browns and remaining 1/2 teaspoon salt and cook, stirring occasionally, 3 minutes.
- ☐ Spread potatoes evenly in skillet and cook, undisturbed, 2 minutes.
- ☐ Remove from heat and spread broccoli over potatoes, then pour in egg mixture.
- ☐ Sprinkle with remaining parmesan.
- ☐ Bake until set 2 inches from edge but still slightly wobbly in center, 12 to 15 minutes.
- ☐ Turn on broiler. Broil 4 to 5 inches from heat until top is set, puffed, and golden brown.

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:5.56, Inflammation Score:-7, Nutrition Score:19.041738966237%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 338.98kcal (16.95%), Fat: 21.64g (33.29%), Saturated Fat: 8.06g (50.37%), Carbohydrates: 20.31g (6.77%), Net Carbohydrates: 17.81g (6.48%), Sugar: 3.45g (3.83%), Cholesterol: 213.49mg (71.16%), Sodium: 622.23mg (27.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.03g (34.05%), Vitamin C: 48.69mg (59.01%), Vitamin K: 53.4µg (50.85%), Selenium: 24.17µg (34.53%), Phosphorus: 334.77mg (33.48%), Calcium: 309.34mg (30.93%), Vitamin B2: 0.45mg (26.65%), Vitamin A: 863.22IU (17.26%), Folate: 62.26µg (15.56%), Vitamin B12: 0.93µg (15.52%), Vitamin B5: 1.55mg (15.49%), Potassium: 530.41mg (15.15%), Vitamin B6: 0.29mg (14.57%), Vitamin E: 2.08mg (13.85%), Zinc: 2.03mg (13.55%), Manganese: 0.26mg (12.95%), Iron: 2.14mg (11.91%), Vitamin B1: 0.16mg (10.72%), Vitamin D: 1.59µg (10.59%), Fiber: 2.49g (9.97%), Magnesium: 38.13mg (9.53%), Vitamin B3: 1.68mg (8.39%), Copper: 0.15mg (7.5%)