



Broccoli and Cheese Phyllo Pie

READY IN



45 min.

SERVINGS



8

CALORIES



253 kcal

Ingredients

- 1 head broccoflower cut into 'florettes'
- 4 eggs
- 8 strips bacon cooked chopped
- 0.5 teaspoon salt
- 3 teaspoons flour
- 1 cup milk
- 2 tablespoons skim milk (I used this since I was using skim milk)
- 0.3 cup spring onion chopped
- 1 dash ground pepper
- 0.5 teaspoon pepper

- 0.5 pound cheddar cheese smoked shredded
- 0.5 inch dough at room temperature (1 of the 2 cylinders the box)
- 7 tablespoons cup heavy whipping cream with this) melted

Equipment

- bowl
- paper towels
- oven
- pot
- springform pan
- immersion blender
- serrated knife
- pastry brush

Directions

- Preheat your oven to 350 degrees.
- Put your broccoflower in a pot with a enough water to cover and cook for 5 minutes.
- Drain and set aside. In a large bowl put your chopped bacon, green onions, shredded cheese, mix well.
- In a medium bowl put your eggs, salt, peppers, flour, mayo and milk beat well. I used an immersion blender for the mayo tends to 'seize in little pieces from the cold milk. The immersion blender made it all smooth.
- Unroll your phyllo dough and cover with a damp paper towel. Either grease your 8 inch springform pan with cooking spray or melted butter. Uncover your dough and remove two sheets of phyllo (replacing the damp towel) and lay into your springform pan. Take your pastry brush and coat it with butter. Making sure the phyllo 'sticks' to the sides. Rotate pan a bit and repeat with two more layers and butter. Keep rotating and layering and buttering until you have quite a thick 'phyllo' nest. Roughly about 3/4 of the roll. Since there are 20 sheets to a roll and you are putting down 2 layers at a time; this will be about 14-16 sheets)
- Since your broccoli is cool now, roughly chop it and mix it in with the bacon and cheese mixture.

- Put the broccoli/bacon/cheese mix into your phyllo nest and gently pat down. Remix your egg mixture (pepper and flour may settle a bit) and pour over your broccoli mixture.
- Take your remaining phyllo sheets and put on top 2 layers at a time coating with butter in between.
- Roll your over hanging edges with the phyllo sides to create a 'crust edge'.
- Brush top with butter.
- Bake in 350 degree oven for 1 hour and 15 minutes. You may need to cover the phyllo after an hour to keep it from overbrowning.
- Let sit 15 minutes before cutting (you don't want everything to ooze out on you).
- Be careful cutting very gently so you don't MASSACRE your phyllo dough. Use a serrated knife and gently saw. When you get to the bottom where the phyllo is more thick....you don't have to be so gentle.

Nutrition Facts

PROTEIN 21.71% **FAT 72.06%** **CARBS 6.23%**

Properties

Glycemic Index:38.41, Glycemic Load:1.3, Inflammation Score:-4, Nutrition Score:8.984347826087%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Taste

Sweetness: 58.72%, Saltiness: 96.93%, Sourness: 23.82%, Bitterness: 18.73%, Savoriness: 67.42%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 253.36kcal (12.67%), Fat: 20.29g (31.21%), Saturated Fat: 10.69g (66.79%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.8g (1.38%), Sugar: 2.29g (2.55%), Cholesterol: 136.71mg (45.57%), Sodium: 514.39mg (22.36%), Protein: 13.75g (27.51%), Selenium: 20.2µg (28.86%), Calcium: 267.8mg (26.78%), Phosphorus: 249.19mg (24.92%), Vitamin B2: 0.32mg (18.99%), Vitamin A: 692.86IU (13.86%), Vitamin B12: 0.79µg (13.18%), Zinc: 1.76mg (11.75%), Vitamin D: 1.23µg (8.19%), Vitamin K: 7.95µg (7.57%), Vitamin B5: 0.71mg (7.12%), Vitamin B6: 0.13mg (6.4%), Vitamin B1: 0.09mg (6.15%), Folate: 20.44µg (5.11%), Vitamin B3: 0.99mg (4.93%), Potassium: 168.39mg (4.81%), Magnesium: 18.85mg (4.71%), Vitamin E: 0.64mg (4.24%), Iron: 0.62mg (3.47%), Copper: 0.04mg (2.05%), Manganese: 0.04mg (1.98%)