



 **18%**  
HEALTH SCORE

## Broccoli Biscuit Squares

READY IN



50 min.

SERVINGS



6

CALORIES



788 kcal

### Ingredients

- 2 cups baking mix
- 2 cups baking mix
- 3 cups broccoli frozen thawed drained chopped
- 4 eggs
- 1 pound ground beef
- 0.5 cup milk
- 4 ounces mushrooms drained canned
- 4 ounces mushrooms drained canned
- 1 small onion chopped
- 0.3 cup parmesan cheese grated

- 1 Dash pepper
- 1 teaspoon salt
- 8 ounces cheddar cheese shredded divided
- 0.5 cup water

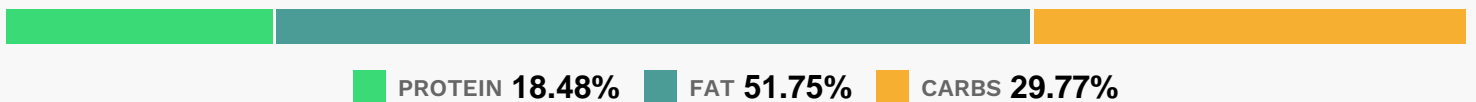
## Equipment

- bowl
- frying pan
- oven
- knife
- baking pan

## Directions

- In a large skillet, cook the beef, mushrooms and onion over medium heat until meat is no longer pink; drain. In a large bowl, combine biscuit mix, 1/2 cup cheddar cheese, Parmesan cheese and water until a soft dough forms.
- Press dough onto the bottom and 1/2 in. up the sides of a greased 13-in. x 9-in. baking dish. Stir remaining cheddar cheese into the beef mixture; spread over dough.
- Sprinkle with broccoli.
- In a large bowl, beat eggs, milk, salt and pepper.
- Pour over meat mixture.
- Bake, uncovered, at 400° for 25 minutes or until a knife inserted near center comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:36.67, Glycemic Load:1.69, Inflammation Score:-7, Nutrition Score:33.957391158394%

## Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

## **Nutrients (% of daily need)**

Calories: 788.31kcal (39.42%), Fat: 45.2g (69.54%), Saturated Fat: 18.25g (114.04%), Carbohydrates: 58.49g (19.5%), Net Carbohydrates: 55.09g (20.03%), Sugar: 12.53g (13.92%), Cholesterol: 208.26mg (69.42%), Sodium: 1846.4mg (80.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.32g (72.65%), Phosphorus: 930.56mg (93.06%), Selenium: 43.56µg (62.23%), Vitamin B2: 1.01mg (59.49%), Calcium: 527.72mg (52.77%), Vitamin K: 52.64µg (50.13%), Vitamin C: 41.15mg (49.87%), Vitamin B12: 2.77µg (46.21%), Vitamin B3: 8.55mg (42.77%), Folate: 163.63µg (40.91%), Zinc: 6.07mg (40.46%), Vitamin B1: 0.6mg (39.66%), Iron: 4.81mg (26.75%), Vitamin B6: 0.53mg (26.35%), Vitamin B5: 2.61mg (26.14%), Manganese: 0.42mg (21.21%), Potassium: 718.85mg (20.54%), Copper: 0.35mg (17.74%), Vitamin A: 883.78IU (17.68%), Magnesium: 64.52mg (16.13%), Fiber: 3.4g (13.62%), Vitamin E: 1.39mg (9.24%), Vitamin D: 1.21µg (8.06%)