

## Broccoli Bread

READY IN



45 min.

SERVINGS



12

CALORIES



144 kcal

### Ingredients

- 10 ounce broccoli frozen thawed drained chopped
- 2 tablespoons butter melted
- 8.5 ounce corn muffin mix (such as Jiffy)
- 1 cup egg substitute
- 0.8 cup curd cottage cheese fat-free
- 1.5 cups onion finely chopped
- 0.8 teaspoon salt
- 0.5 cup cup heavy whipping cream fat-free sour

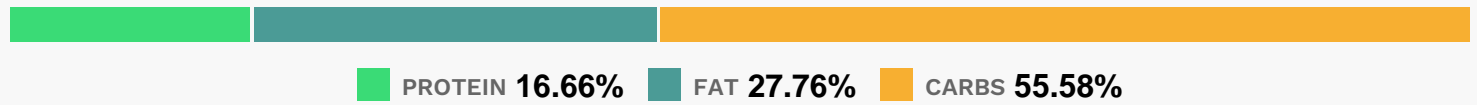
### Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 40
- Combine first 5 ingredients in a large bowl. Stir in the onion, broccoli, and muffin mix; stir until well blended.
- Pour into a 13 x 9-inch baking pan coated with cooking spray.
- Bake at 400 for 27 minutes or until set.

## Nutrition Facts



## Properties

Glycemic Index:9.08, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:8.5265216827393%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

## Nutrients (% of daily need)

Calories: 143.56kcal (7.18%), Fat: 4.49g (6.91%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 17.97g (6.53%), Sugar: 6.03g (6.7%), Cholesterol: 7.27mg (2.42%), Sodium: 438.86mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.13%), Vitamin C: 22.67mg (27.48%), Vitamin K: 25.38µg (24.18%), Phosphorus: 170.49mg (17.05%), Selenium: 11.93µg (17.05%), Vitamin B2: 0.21mg (12.47%), Folate: 42.95µg (10.74%), Vitamin B1: 0.14mg (9.53%), Fiber: 2.26g (9.04%), Manganese: 0.14mg (7.17%), Calcium: 66.53mg (6.65%), Vitamin B5: 0.65mg (6.54%), Iron: 1.14mg (6.31%), Vitamin B6: 0.12mg (6.09%), Vitamin A: 299.55IU (5.99%), Potassium: 201.45mg (5.76%), Vitamin B3: 0.9mg (4.51%), Magnesium: 17.34mg (4.34%), Vitamin E: 0.59mg (3.96%), Zinc: 0.56mg (3.72%), Vitamin B12: 0.18µg (3.06%), Copper: 0.05mg (2.34%), Vitamin D: 0.32µg (2.13%)