



Broccoli Cheddar Cornbread

READY IN



45 min.

SERVINGS



6

CALORIES



670 kcal

Ingredients

- ☐ 10 ounce broccoli frozen thawed drained chopped (or see headnote)
- ☐ 17 ounce just-add-water cornbread mix
- ☐ 8 ounce curd cottage cheese
- ☐ 4 large eggs
- ☐ 2 garlic cloves minced
- ☐ 1 medium onion chopped
- ☐ 1 tablespoon salt
- ☐ 1 cup sharp cheddar cheese grated for topping
- ☐ 0.5 cup butter unsalted
- ☐ 0.5 cup milk whole

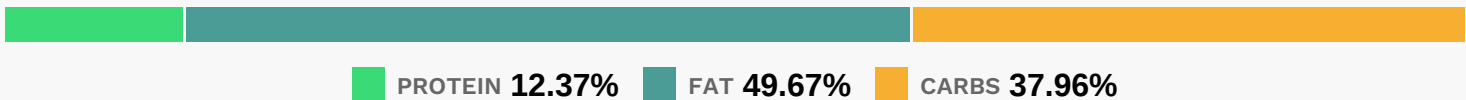
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 375°F.
- ☐ Heat the butter in a 10-inch cast-iron skillet over medium highheat.
- ☐ Add the onion, and sauté until softened, 4 to 5 minutes.
- ☐ Add the garlic and broccoli to the skillet, and sauté for2 minutes, until the garlic is fragrant and the broccoli haswarmed through. In a medium bowl, stir together the cornbreadmix, milk, cottage cheese, eggs, salt, and 1 cup of thecheddar cheese until smooth, then pour the batter into theskillet over the vegetables and stir to blend.
- ☐ Sprinkle the toptof the batter with the remaining cheese.
- ☐ Bake the cornbreadin the skillet for about 30 minutes, until it is lightly goldenand a toothpick inserted in the center comes out clean. Cool for5 to 10 minutes, then serve.
- ☐ Reprinted with permission from Down Home with the Neelys by Patrick and Gina Neely, (C) 2009 Knopf

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:1.91, Inflammation Score:-8, Nutrition Score:23.940869580144%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 670.02kcal (33.5%), Fat: 37.19g (57.22%), Saturated Fat: 17.95g (112.19%), Carbohydrates: 63.94g (21.31%), Net Carbohydrates: 57.16g (20.79%), Sugar: 20.11g (22.35%), Cholesterol: 193.98mg (64.66%), Sodium: 2134.86mg (92.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.66%), Phosphorus: 668.25mg (66.82%), Vitamin C: 43.9mg (53.21%), Vitamin K: 54.24µg (51.66%), Selenium: 25.72µg (36.74%), Vitamin B2: 0.61mg (35.96%), Folate: 132.71µg (33.18%), Calcium: 287.48mg (28.75%), Vitamin B1: 0.43mg (28.55%), Fiber: 6.78g (27.13%), Vitamin A: 1314.49IU (26.29%), Manganese: 0.41mg (20.46%), Iron: 3.06mg (17.01%), Vitamin B6: 0.32mg (16%), Vitamin B5: 1.58mg (15.81%), Vitamin B3: 3.12mg (15.58%), Vitamin B12: 0.87µg (14.55%), Zinc: 2.07mg (13.8%), Potassium: 405.94mg (11.6%), Magnesium: 46.24mg (11.56%), Vitamin E: 1.47mg (9.81%), Vitamin D: 1.32µg (8.83%), Copper: 0.15mg (7.34%)