



Broccoli Cheese Bites

 Vegetarian

READY IN



40 min.

SERVINGS



10

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce broccoli frozen thawed drained chopped
- ☐ 3.5 cups bread crumbs dry
- ☐ 10 servings salt and pepper to taste
- ☐ 4 cups sharp cheddar cheese shredded
- ☐ 5 cups vegetable oil for frying

Equipment

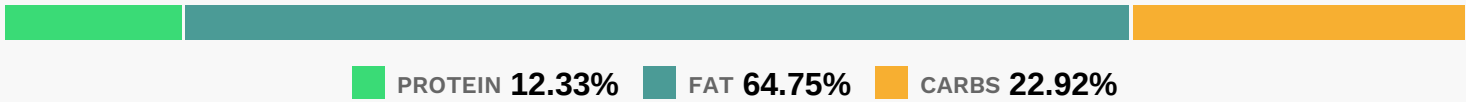
- ☐ bowl
- ☐ paper towels

- ☐ sauce pan
- ☐ wax paper

Directions

- ☐ Heat oil in deep-fryer to 375 degrees F (190 degrees C).
- ☐ Place broccoli in a medium saucepan with 1 cup boiling water. Return to a boil. Cook covered until firm but tender, about 5 minutes.
- ☐ In a medium saucepan over low heat, melt the Cheddar cheese.
- ☐ Mix in the broccoli. Allow the mixture to cool and thicken approximately 15 minutes.
- ☐ In a medium bowl, mix the bread crumbs, salt and pepper.
- ☐ Spread the mixture onto a large piece of wax paper.
- ☐ Form the broccoli cheese mixture into balls and roll in the bread crumb mixture until thoroughly coated.
- ☐ Deep fry the balls until golden brown, about 5 minutes.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:20.327826064566%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 541.86kcal (27.09%), Fat: 39.34g (60.52%), Saturated Fat: 12.51g (78.18%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 28.44g (10.34%), Sugar: 3.26g (3.63%), Cholesterol: 45.2mg (15.07%), Sodium: 781.06mg (33.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.71%), Vitamin K: 89.94µg (85.65%), Vitamin C: 40.46mg (49.04%), Calcium: 410.18mg (41.02%), Selenium: 23.45µg (33.5%), Phosphorus: 299.32mg (29.93%), Vitamin B1: 0.41mg (27.39%), Vitamin B2: 0.4mg (23.81%), Manganese: 0.45mg (22.38%), Folate: 78.51µg (19.63%), Vitamin E: 2.51mg (16.71%), Zinc: 2.39mg (15.96%), Vitamin A: 735.49IU (14.71%), Vitamin

B3: 2.82mg (14.11%), Iron: 2.24mg (12.42%), Fiber: 2.88g (11.52%), Vitamin B12: 0.61µg (10.19%), Magnesium: 37.99mg (9.5%), Vitamin B6: 0.16mg (7.82%), Potassium: 252.27mg (7.21%), Copper: 0.13mg (6.68%), Vitamin B5: 0.66mg (6.55%), Vitamin D: 0.27µg (1.81%)