



Broccoli Cheese Cornbread

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



234 kcal

Ingredients

- 10 ounce broccoli frozen thawed drained chopped
- 0.5 cup butter melted
- 8.5 ounce cornmeal
- 1 cup curd cottage cheese
- 4 eggs
- 1 onion chopped
- 1 teaspoon salt

Equipment

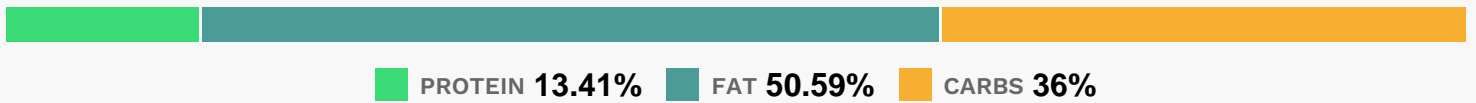
- frying pan

- oven
- mixing bowl
- baking pan
- toothpicks

Directions

- Preheat oven to 400 degrees F (200 degrees C). Lightly grease an 11x7 inch baking pan.
- In a large mixing bowl, combine cornmeal mix and salt. In a separate bowl, mix together eggs, cottage cheese, onion and butter. Stir the egg and cheese mixture into the flour mixture. Fold in the broccoli.
- Pour batter into prepared pan.
- Bake in preheated oven for 30 minutes, or until a toothpick inserted into the center of the pan comes out clean.

Nutrition Facts



Properties

Glycemic Index:20.45, Glycemic Load:11.27, Inflammation Score:-6, Nutrition Score:9.9439130140387%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 233.7kcal (11.68%), Fat: 13.31g (20.48%), Saturated Fat: 7.03g (43.96%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 18.13g (6.59%), Sugar: 1.96g (2.17%), Cholesterol: 93.44mg (31.15%), Sodium: 407.43mg (17.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.88%), Vitamin C: 26.1mg (31.64%), Vitamin K: 29.86µg (28.43%), Phosphorus: 147.08mg (14.71%), Selenium: 9.76µg (13.95%), Fiber: 3.19g (12.76%), Vitamin B6: 0.24mg (12.25%), Manganese: 0.23mg (11.71%), Vitamin A: 584.91IU (11.7%), Vitamin B2: 0.18mg (10.42%), Folate: 39.28µg (9.82%), Magnesium: 36.86mg (9.22%), Zinc: 1.2mg (8.03%), Vitamin B1: 0.11mg (7.38%), Vitamin B5: 0.72mg (7.19%), Iron: 1.28mg (7.1%), Potassium: 232.14mg (6.63%), Vitamin E: 0.78mg (5.18%), Copper: 0.1mg (4.77%), Calcium: 47.45mg (4.75%), Vitamin B12: 0.27µg (4.44%), Vitamin B3: 0.83mg (4.14%), Vitamin D: 0.37µg (2.49%)