



Broccoli Cheese Pie

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 head broccoli fresh chopped
- 1 tablespoon butter
- 0.3 teaspoon mustard dry
- 3 eggs beaten
- 2 tablespoons flour all-purpose
- 0.3 pound mushrooms fresh sliced
- 0.3 teaspoon ground nutmeg
- 1 cup half-and-half cream

- 1 onion chopped
- 1 teaspoon salt
- 1 cup cheddar cheese shredded

Equipment

- bowl
- frying pan
- oven
- knife
- pot
- pie form
- steamer basket

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Bring about 1 inch water to a boil in a pot.
- Place the chopped broccoli in a steamer basket over boiling water, and steam 5 minutes, or until tender but firm.
- In a bowl, mix the Cheddar cheese, 3/4 cup flour, 1/2 teaspoon salt, and mustard.
- Mix in 1/4 cup butter until evenly moist. Press into the bottom and sides of an 8 inch pie dish.
- Melt the 1 tablespoon butter in a skillet over medium heat, and saute the onion and mushrooms until tender. Stir in 2 tablespoons flour, half and half, 1 teaspoon salt, and nutmeg. Bring to a boil, and cook 1 minute.
- Remove from heat.
- Mix in steamed broccoli. Gradually stir in eggs.
- Transfer to the pie crust.
- Bake 15 minutes in the preheated oven. Reduce heat to 375 degrees F (190 degrees C), and continue baking 20 minutes, until a knife inserted in the center comes out clean.

Nutrition Facts



■ PROTEIN **20.35%** ■ FAT **57.63%** ■ CARBS **22.02%**

Properties

Glycemic Index:39.13, Glycemic Load:2.51, Inflammation Score:-7, Nutrition Score:16.533043436382%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 6.05mg, Kaempferol: 6.05mg, Kaempferol: 6.05mg, Kaempferol: 6.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 175.33kcal (8.77%), Fat: 11.68g (17.96%), Saturated Fat: 6.37g (39.84%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 7.61g (2.77%), Sugar: 3.54g (3.93%), Cholesterol: 89.86mg (29.95%), Sodium: 462.59mg (20.11%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.28g (18.56%), Vitamin C: 69.39mg (84.1%), Vitamin K: 78.49µg (74.75%), Vitamin B2: 0.36mg (20.94%), Selenium: 14.1µg (20.15%), Phosphorus: 195.53mg (19.55%), Calcium: 181.94mg (18.19%), Vitamin A: 855.29IU (17.11%), Folate: 68.16µg (17.04%), Potassium: 382.05mg (10.92%), Vitamin B6: 0.22mg (10.92%), Vitamin B5: 1.07mg (10.74%), Manganese: 0.21mg (10.36%), Fiber: 2.42g (9.69%), Zinc: 1.28mg (8.52%), Vitamin B1: 0.11mg (7.14%), Magnesium: 28.23mg (7.06%), Vitamin E: 1mg (6.64%), Vitamin B12: 0.36µg (6.04%), Iron: 1.08mg (5.99%), Vitamin B3: 1.18mg (5.91%), Copper: 0.11mg (5.55%), Vitamin D: 0.44µg (2.95%)