





Broccoli Corn Bread

READY IN




50 min.

SERVINGS



16

CALORIES



207 kcal

Ingredients

- 3 cups broccoli frozen thawed chopped
- 0.5 cup butter divided melted
- 17 ounces just-add-water cornbread mix
- 8 ounces curd cottage cheese 4%
- 2 eggs
- 0.8 cup onion chopped

Equipment

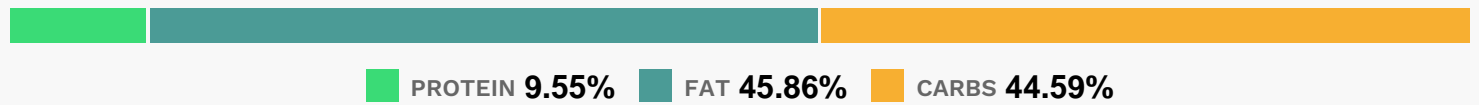
- bowl
- frying pan

oven

Directions

- In a bowl, lightly beat eggs.
- Add cottage cheese, broccoli, onion, 6 tablespoons butter and muffin mix; beat well.
- Pour remaining butter into a 10-in. ovenproof skillet; pour batter into skillet.
- Bake at 350° for 40–45 minutes or until golden.
- Cut into wedges and serve warm.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:6.965217364871%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 207.14kcal (10.36%), Fat: 10.63g (16.35%), Saturated Fat: 5.02g (31.34%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 20.74g (7.54%), Sugar: 7.13g (7.92%), Cholesterol: 38.72mg (12.91%), Sodium: 349.91mg (15.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.97%), Phosphorus: 195.49mg (19.55%), Vitamin C: 15.3mg (18.55%), Vitamin K: 18.88µg (17.98%), Folate: 44.33µg (11.08%), Fiber: 2.51g (10.06%), Vitamin B1: 0.15mg (10.01%), Vitamin B2: 0.15mg (9.05%), Selenium: 5.27µg (7.53%), Vitamin A: 364.4IU (7.29%), Manganese: 0.14mg (7.05%), Vitamin B3: 1.14mg (5.71%), Iron: 1mg (5.54%), Vitamin B6: 0.09mg (4.63%), Calcium: 43.2mg (4.32%), Vitamin B5: 0.42mg (4.19%), Potassium: 121.16mg (3.46%), Magnesium: 13.38mg (3.34%), Vitamin E: 0.41mg (2.75%), Zinc: 0.39mg (2.57%), Vitamin B12: 0.15µg (2.48%), Copper: 0.04mg (2.23%)