



Broccoli Cornbread

READY IN



75 min.

SERVINGS



16

CALORIES



90 kcal

Ingredients

- 10 ounce broccoli frozen thawed drained chopped
- 8.5 ounce corn muffin mix
- 0.5 cup egg substitute
- 0.8 cup curd cottage cheese 1% low-fat
- 1 tablespoon butter reduced-calorie
- 0.5 cup onion finely chopped
- 0.3 teaspoon cracked pepper
- 2 ounce pimientos diced drained

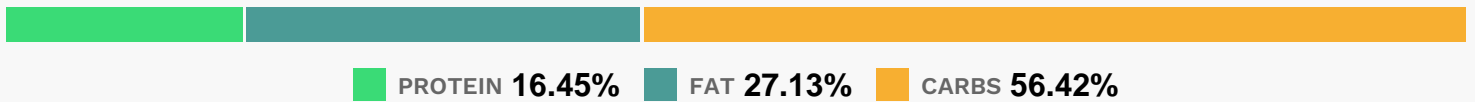
Equipment

- frying pan
- paper towels
- oven

Directions

- Coat an 8-inch square pan with cooking spray.
- Add margarine, and place in a 350 oven for 3 minutes or until margarine melts.
- Press broccoli between paper towels to remove excess moisture.
- Combine broccoli, muffin mix and remaining 5 ingredients, stirring well. Spoon into prepared pan.
- Bake at 350 for 1 hour or until golden.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:5.6434782562049%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 89.57kcal (4.48%), Fat: 2.73g (4.21%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 11.18g (4.07%), Sugar: 4.13g (4.59%), Cholesterol: 0.73mg (0.24%), Sodium: 195.89mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Vitamin C: 19.91mg (24.14%), Vitamin K: 19.28µg (18.37%), Phosphorus: 107.38mg (10.74%), Selenium: 5.37µg (7.67%), Folate: 28.85µg (7.21%), Vitamin B2: 0.11mg (6.61%), Fiber: 1.61g (6.46%), Vitamin B1: 0.09mg (6.09%), Vitamin A: 274.58IU (5.49%), Manganese: 0.1mg (4.96%), Iron: 0.76mg (4.2%), Vitamin B6: 0.08mg (4.15%), Vitamin B3: 0.67mg (3.37%), Vitamin B5: 0.33mg (3.29%), Potassium: 113.02mg (3.23%), Calcium: 30.65mg (3.06%), Magnesium: 9.82mg (2.45%), Vitamin E: 0.34mg (2.27%), Zinc: 0.29mg (1.93%), Vitamin B12: 0.11µg (1.78%), Copper: 0.03mg (1.53%)