

 **5%**  
HEALTH SCORE

## Broccoli Cornbread

READY IN

**45 min.**

SERVINGS

**15**

CALORIES

**148 kcal**

BREAD

### Ingredients

- 4 teaspoons double-acting baking powder
- 10 ounce broccoli frozen chopped
- 1 cup cornmeal
- 12 ounces curd cottage cheese
- 3 eggs
- 1 cup flour all-purpose
- 5 tablespoons butter melted
- 1 teaspoon salt
- 1.5 teaspoons granulated sugar white

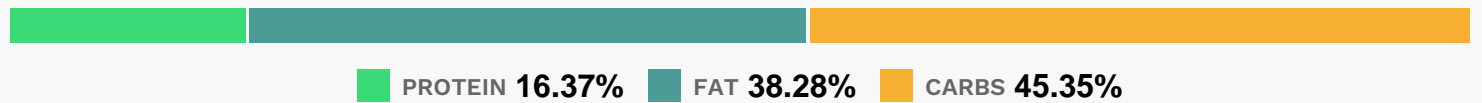
## Equipment

- bowl
- oven
- baking pan

## Directions

- In a large bowl mix together the corn meal, flour, salt, baking powder, and sugar together. Make a well in the center of the bowl.
- In a separate bowl, combine the eggs, thawed broccoli, cottage cheese, and melted butter or margarine.
- Pour into well of flour mixture. Stir until just combined.
- Pour batter into a greased 9x13 inch baking dish.
- Bake in a preheated 350 degree F (175 degrees C) oven for 30 minutes, or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:24.31, Glycemic Load:10.21, Inflammation Score:-4, Nutrition Score:7.3195652806241%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 147.93kcal (7.4%), Fat: 6.34g (9.76%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 16.91g (5.64%), Net Carbohydrates: 15.19g (5.52%), Sugar: 1.55g (1.72%), Cholesterol: 36.59mg (12.2%), Sodium: 402.87mg (17.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.21%), Vitamin C: 16.87mg (20.45%), Vitamin K: 19.35µg (18.43%), Selenium: 8.84µg (12.63%), Phosphorus: 123.25mg (12.33%), Calcium: 98.7mg (9.87%), Folate: 37.67µg (9.42%), Vitamin B2: 0.15mg (8.95%), Manganese: 0.17mg (8.4%), Vitamin B1: 0.12mg (8.05%), Vitamin A: 363.94IU (7.28%), Fiber: 1.71g (6.86%), Iron: 1.13mg (6.28%), Vitamin B6: 0.13mg (6.25%), Magnesium: 20.45mg (5.11%), Vitamin B5: 0.47mg (4.73%), Vitamin B3: 0.9mg (4.52%), Zinc: 0.67mg (4.46%), Potassium: 140.72mg (4.02%),

Vitamin B12: 0.18µg (3.01%), Copper: 0.06mg (3%), Vitamin E: 0.45mg (2.98%), Vitamin D: 0.2µg (1.32%)