



Broccoli Cornbread with Cheese

READY IN



60 min.

SERVINGS



15

CALORIES



303 kcal

Ingredients

- ☐ 10 ounce broccoli frozen thawed chopped
- ☐ 0.8 cup butter melted
- ☐ 17 ounce corn bread/muffin mix
- ☐ 1 cup curd cottage cheese
- ☐ 4 eggs
- ☐ 1 large onion chopped
- ☐ 1.5 cups cheddar cheese shredded divided

Equipment

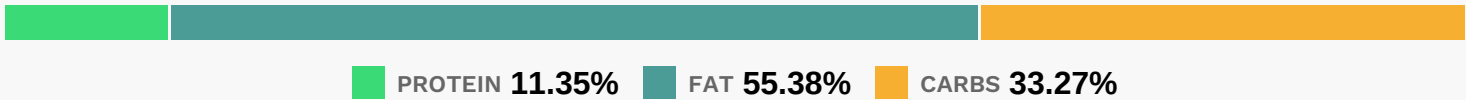
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ toothpicks

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.
- ☐ Beat cottage cheese, butter, and eggs in a large bowl. Stir corn bread mixes into butter mixture until just moistened. Fold in broccoli, onion, and 1 cup Cheddar cheese.
- ☐ Pour batter into prepared baking dish and sprinkle with remaining 1/2 cup Cheddar cheese.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, 35 to 40 minutes. Cool in the baking dish for 10 minutes before slicing and serving warm.

Nutrition Facts



Properties

Glycemic Index:10.87, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:9.7008695395096%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 302.71kcal (15.14%), Fat: 18.76g (28.87%), Saturated Fat: 9.63g (60.19%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 22.61g (8.22%), Sugar: 7.74g (8.6%), Cholesterol: 82.37mg (27.46%), Sodium: 476.78mg (20.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.31%), Phosphorus: 272.46mg (27.25%), Vitamin C: 17.63mg (21.37%), Vitamin K: 22.03µg (20.98%), Selenium: 10.59µg (15.13%), Vitamin B2: 0.24mg (14.26%), Folate: 53.6µg (13.4%), Calcium: 130.3mg (13.03%), Vitamin A: 634.72IU (12.69%), Vitamin B1: 0.17mg (11.17%), Fiber: 2.75g (11%), Manganese: 0.16mg (7.92%), Iron: 1.2mg (6.65%), Vitamin B3: 1.24mg (6.2%), Zinc: 0.91mg (6.07%), Vitamin B6: 0.12mg (6.04%), Vitamin B5: 0.59mg (5.92%), Vitamin B12: 0.33µg (5.54%), Magnesium: 18.49mg (4.62%), Vitamin E: 0.68mg (4.56%), Potassium: 152.81mg (4.37%), Copper: 0.06mg (2.84%), Vitamin D: 0.32µg (2.11%)