



Broccoli Oatmeal Breakfast Casserole

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 2 tsp double-acting baking powder
- 1.5 cups broccoli florets
- 0.5 tsp ground pepper
- 4 large eggs
- 3 tbsp milk low fat
- 2 cups oats dry quick
- 1 tbsp olive oil
- 0.8 tsp salt

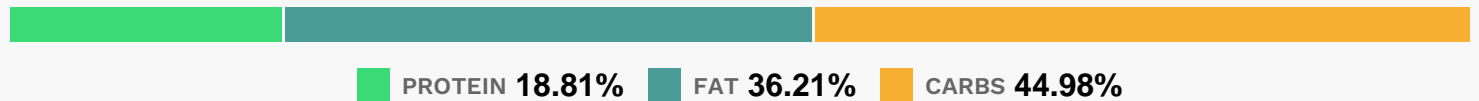
Equipment

- food processor
- oven
- mixing bowl
- baking pan

Directions

- Preheat the oven at 350 degree Fahrenheit. Prepare 8 inch square baking dish with cooking spray.Grind the broccoli separately in a food processor and combine it with all the dry ingredients in a mixing bowl.In another bowl combine all the wet ingredients.
- Pour the wet ingredients into the dry ingredients and mix well.Spoon the batter into the baking dish and put it in the oven.
- Bake it for 25-30 minutes or until the fork comes out clean.
- Cut into desired size and serve hot.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:16.53, Inflammation Score:-7, Nutrition Score:21.184782608696%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg, Kaempferol: 2.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Taste

Sweetness: 44.87%, Saltiness: 100%, Sourness: 20.72%, Bitterness: 24.67%, Savoriness: 54.36%, Fattiness: 83.21%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 271.22kcal (13.56%), Fat: 11.31g (17.4%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 26.85g (9.76%), Sugar: 1.92g (2.14%), Cholesterol: 186.56mg (62.19%), Sodium: 767.83mg (33.38%),

Protein: 13.22g (26.45%), Manganese: 1.84mg (91.76%), Selenium: 30.25µg (43.21%), Vitamin C: 30.61mg (37.1%), Phosphorus: 369.84mg (36.98%), Vitamin K: 38.55µg (36.72%), Magnesium: 124.95mg (31.24%), Calcium: 213.05mg (21.31%), Vitamin B2: 0.33mg (19.7%), Fiber: 4.76g (19.06%), Iron: 3.3mg (18.33%), Vitamin B1: 0.27mg (18.02%), Folate: 58.44µg (14.61%), Zinc: 2.14mg (14.25%), Vitamin B5: 1.29mg (12.9%), Vitamin A: 598.27IU (11.97%), Vitamin E: 1.65mg (10.99%), Copper: 0.2mg (10.21%), Vitamin B6: 0.2mg (9.88%), Potassium: 344.97mg (9.86%), Vitamin B12: 0.51µg (8.56%), Vitamin D: 1.12µg (7.49%), Vitamin B3: 0.62mg (3.1%)