



Broccoli Phyllo Pie

READY IN



45 min.

SERVINGS



8

CALORIES



181 kcal

Ingredients

- ☐ 0.3 cup freshly grated parmesan cheese
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 egg whites
- ☐ 2 egg yolks lightly beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups mushrooms fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper
- ☐ 1.3 cups milk 1% low-fat
- ☐ 1 cup onion minced

- ☐ 13 sheets phyllo pastry frozen thawed
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vegetable oil
- ☐ 20 ounce choppedbroccoli frozen thawed drained
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Equipment

- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Heat oil in a nonstick skillet over medium heat.
- ☐ Add mushrooms, onion, and garlic; saute 7 minutes.
- ☐ Sprinkle flour over vegetable mixture; stir well. Stir in milk; cook over medium heat, stirring constantly, until thickened and bubbly. Stir in broccoli, salt, and pepper.
- ☐ Let cool. Stir in egg yolks and cheese.
- ☐ Beat egg whites and cream of tartar at high speed of an electric mixer until stiff peaks form. Fold beaten egg white mixture into broccoli mixture.
- ☐ Coat a 10-inch springform pan with cooking spray; place 1 sheet of phyllo in pan (keep remaining phyllo covered). Coat phyllo with cooking spray.
- ☐ Layer 9 more sheets on top of first sheet, coating each with cooking spray and fanning each slightly to the right. (The overhanging sheets will form a circle around the pan.) Gently press phyllo into pan, forming a shell; fill with broccoli mixture. Top with remaining 3 sheets, coating each with cooking spray and fanning each to the right. Fold edges over top to enclose filling. Coat top of phyllo with cooking spray.
- ☐ Bake, uncovered, at 400 for 25 minutes. Cover and bake 35 minutes; let stand 10 minutes.
- ☐ Serve warm.

Nutrition Facts



 **PROTEIN 17.75%**  **FAT 29.48%**  **CARBS 52.77%**

Properties

Glycemic Index:32.63, Glycemic Load:8.19, Inflammation Score:-4, Nutrition Score:8.4804347546204%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 180.91kcal (9.05%), Fat: 5.9g (9.08%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 22.51g (8.18%), Sugar: 3.49g (3.88%), Cholesterol: 54.1mg (18.03%), Sodium: 362.21mg (15.75%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 8g (16%), Selenium: 17.93µg (25.62%), Vitamin B2: 0.38mg (22.48%), Vitamin B1: 0.25mg (16.75%), Phosphorus: 130.37mg (13.04%), Folate: 48.93µg (12.23%), Vitamin B3: 2.38mg (11.91%), Manganese: 0.23mg (11.5%), Calcium: 92.25mg (9.23%), Vitamin B5: 0.81mg (8.14%), Iron: 1.45mg (8.04%), Potassium: 245.33mg (7.01%), Copper: 0.13mg (6.56%), Vitamin B12: 0.39µg (6.47%), Vitamin B6: 0.11mg (5.57%), Fiber: 1.27g (5.1%), Zinc: 0.75mg (4.98%), Vitamin D: 0.74µg (4.97%), Magnesium: 17.26mg (4.31%), Vitamin A: 178.18IU (3.56%), Vitamin K: 3.2µg (3.05%), Vitamin C: 2.22mg (2.69%), Vitamin E: 0.28mg (1.84%)