



HEALTH SCORE

56%

Broccoli Pie

READY IN



20 min.

SERVINGS



4

CALORIES



263 kcal

Ingredients

- ☐ 2 heads broccoli
- ☐ 12 small cherry tomatoes for garnish
- ☐ 4 servings kosher salt
- ☐ 8 ounces cream cheese light low-fat at room temperature
- ☐ 1 tablespoon onion soup mix
- ☐ 1 cup greek yogurt plain

Equipment

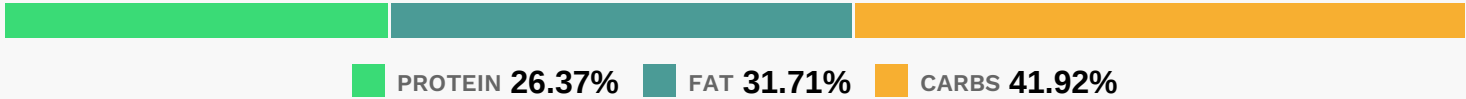
- ☐ bowl
- ☐ frying pan

- ☐ paper towels
- ☐ pot
- ☐ ziploc bags

Directions

- ☐ Bring a large pot of water to a boil over high heat. Fill a large bowl with ice water.
- ☐ Trim the broccoli into florets. When the water boils, add the florets and a big pinch of salt. Cook until the broccoli is just tender, about 3 minutes.
- ☐ Drain and plunge the florets into the ice water to stop the cooking. When they are thoroughly chilled, drain, and spread them out onto a paper towel lined sheet pan to dry.
- ☐ In a small bowl, mix together the yogurt, cream cheese, and onion soup mix.
- ☐ Transfer the yogurt mixture to a large resealable plastic bag. Arrange the broccoli, on a serving platter, cut sides down, so that they form a domed pie-like appearance.
- ☐ Cut the tip off the corner of the bag and pipe a lattice-work design over the broccoli.
- ☐ Garnish with the cherry tomatoes and serve.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:3.93, Inflammation Score:-10, Nutrition Score:31.015652112339%

Flavonoids

Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg Kaempferol: 23.84mg, Kaempferol: 23.84mg, Kaempferol: 23.84mg, Kaempferol: 23.84mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 10.27mg, Quercetin: 10.27mg, Quercetin: 10.27mg, Quercetin: 10.27mg

Nutrients (% of daily need)

Calories: 262.5kcal (13.12%), Fat: 10.05g (15.46%), Saturated Fat: 5.57g (34.81%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 21.5g (7.82%), Sugar: 11.46g (12.73%), Cholesterol: 33.12mg (11.04%), Sodium: 671.85mg (29.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.8g (37.6%), Vitamin C: 282.86mg (342.86%), Vitamin K: 312.16µg (297.29%), Folate: 212.42µg (53.11%), Vitamin A: 2458.57IU (49.17%), Phosphorus: 373.06mg (37.31%), Potassium: 1295.93mg (37.03%), Vitamin B2: 0.62mg (36.32%), Manganese: 0.72mg (35.78%), Fiber: 8.38g (33.54%), Vitamin B6: 0.64mg (32.04%), Calcium: 290.71mg (29.07%), Vitamin B5: 2.47mg (24.68%), Selenium:

15.17µg (21.67%), Magnesium: 79.6mg (19.9%), Vitamin E: 2.82mg (18.78%), Vitamin B1: 0.27mg (18.21%), Iron: 2.72mg (15.12%), Vitamin B12: 0.87µg (14.53%), Zinc: 1.93mg (12.85%), Vitamin B3: 2.42mg (12.09%), Copper: 0.22mg (11.03%), Vitamin D: 0.17µg (1.13%)