



Broccoli Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



347 kcal

Ingredients

- 0.8 cup baking mix
- 0.8 cup baking mix
- 20 ounce broccoli frozen thawed chopped
- 3 eggs
- 1.3 cups milk
- 0.7 cup onion chopped
- 12 ounces cheddar cheese shredded

Equipment

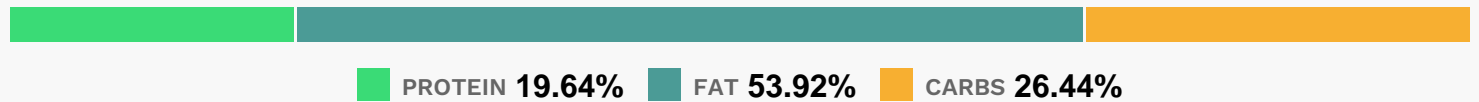
- bowl

oven

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a 10 inch pie plate.
- In a large bowl, combine baking mix, eggs, and milk.
- Mix until smooth. Stir in broccoli, onion, and 2 cups of the shredded cheese.
- Pour mixture into pie plate.
- Bake in preheated oven for 25 to 30 minutes, until golden brown. Top with remaining cheese and return to oven just until cheese is melted.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:2.19, Inflammation Score:-8, Nutrition Score:21.376956753109%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 5.64mg, Kaempferol: 5.64mg, Kaempferol: 5.64mg, Kaempferol: 5.64mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 347.22kcal (17.36%), Fat: 21.07g (32.41%), Saturated Fat: 10.42g (65.1%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 20.71g (7.53%), Sugar: 6.55g (7.28%), Cholesterol: 109.23mg (36.41%), Sodium: 628.01mg (27.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.27g (34.53%), Vitamin C: 64.27mg (77.91%), Vitamin K: 75µg (71.43%), Phosphorus: 450.77mg (45.08%), Calcium: 436.56mg (43.66%), Selenium: 21.4µg (30.57%), Vitamin B2: 0.5mg (29.64%), Folate: 91.99µg (23%), Vitamin A: 1023.78IU (20.48%), Zinc: 2.39mg (15.92%), Vitamin B1: 0.23mg (15.17%), Vitamin B12: 0.9µg (15.08%), Manganese: 0.25mg (12.65%), Vitamin B5: 1.2mg (12.02%), Vitamin B6: 0.24mg (11.97%), Potassium: 396.62mg (11.33%), Fiber: 2.54g (10.17%), Magnesium: 40.18mg (10.05%), Iron: 1.53mg (8.47%), Vitamin B3: 1.57mg (7.84%), Vitamin E: 1.1mg (7.31%), Vitamin D: 1.03µg (6.88%), Copper: 0.1mg (5.04%)