



Broccoli Pie

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



312 kcal

Ingredients

- 0.5 cup baking mix
- 0.5 cup baking mix
- 20 ounce broccoli frozen thawed chopped
- 1 eggs
- 1 cup milk
- 0.5 cup onion diced
- 6 servings salt and pepper to taste
- 2 cups cheddar cheese shredded

Equipment

- bowl
- oven
- whisk
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish.
- Combine broccoli, onions and cheese in prepared dish.
- In a small bowl whisk together baking mix, egg, milk, salt and pepper.
- Pour over broccoli mixture.
- Bake in preheated oven for 35 minutes, or until lightly browned.

Nutrition Facts

PROTEIN 19.42% **FAT 51.61%** **CARBS 28.97%**

Properties

Glycemic Index:20.67, Glycemic Load:2.47, Inflammation Score:-8, Nutrition Score:22.829565131146%

Flavonoids

Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 7.5mg, Kaempferol: 7.5mg, Kaempferol: 7.5mg, Kaempferol: 7.5mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 311.63kcal (15.58%), Fat: 18.25g (28.07%), Saturated Fat: 9.12g (57.03%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 19.95g (7.25%), Sugar: 6.61g (7.34%), Cholesterol: 70.23mg (23.41%), Sodium: 752.91mg (32.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.45g (30.89%), Vitamin C: 85.34mg (103.44%), Vitamin K: 98.79µg (94.09%), Phosphorus: 411.34mg (41.13%), Calcium: 403.83mg (40.38%), Vitamin B2: 0.46mg (26.9%), Selenium: 17.61µg (25.16%), Folate: 98.42µg (24.61%), Vitamin A: 1072.69IU (21.45%), Vitamin B1: 0.22mg (14.99%), Manganese: 0.29mg (14.58%), Zinc: 2.17mg (14.5%), Vitamin B6: 0.26mg (12.99%), Potassium: 450.85mg (12.88%), Vitamin B12: 0.76µg (12.7%), Fiber: 3.1g (12.41%), Vitamin B5: 1.15mg (11.54%), Magnesium: 42.11mg (10.53%), Iron: 1.46mg (8.12%), Vitamin B3: 1.6mg (7.98%), Vitamin E: 1.15mg (7.64%), Vitamin D: 0.82µg (5.47%), Copper: 0.1mg (5.03%)