



Broccoli Souffle

READY IN



60 min.

SERVINGS



6

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups broccoli frozen thawed drained chopped
- 2 tablespoons butter
- 4 eggs separated
- 2 tablespoons flour all-purpose
- 0.5 cup milk
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt

Equipment

- bowl
- sauce pan
- oven
- knife
- baking pan

Directions

- In a saucepan over medium heat, cook and stir broccoli and butter until the butter is melted. Set 2 tablespoons broccoli aside for topping.
- Add flour and salt to the remaining broccoli; stir until blended. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Remove from the heat; add cheese, stirring until cheese is melted.
- In a large bowl, beat egg yolks until thickened and lemon-colored, about 5 minutes.
- Add broccoli mixture and set aside. In a small bowl, beat egg whites until stiff peaks form; fold into broccoli mixture.
- Pour into an ungreased 1-1/2-qt. deep round baking dish.
- Bake, uncovered, at 350° for 20 minutes.
- Sprinkle with the reserved broccoli.
- Bake 10 minutes longer or until a knife inserted near the center comes out clean.

Nutrition Facts

 **PROTEIN 21.66%**  **FAT 58.59%**  **CARBS 19.75%**

Properties

Glycemic Index:32.5, Glycemic Load:2.31, Inflammation Score:-5, Nutrition Score:10.742173920507%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg, Kaempferol: 3.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 129.21kcal (6.46%), Fat: 8.58g (13.2%), Saturated Fat: 4.39g (27.47%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 5.3g (1.93%), Sugar: 1.85g (2.05%), Cholesterol: 125.22mg (41.74%), Sodium: 360.66mg (15.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.27%), Vitamin C: 39.25mg (47.57%), Vitamin K: 45.43µg (43.27%), Selenium: 12.84µg (18.35%), Vitamin B2: 0.24mg (14.23%), Phosphorus: 137.89mg (13.79%), Vitamin A: 618.12IU (12.36%), Folate: 46.47µg (11.62%), Calcium: 100.57mg (10.06%), Vitamin B5: 0.81mg (8.07%), Vitamin B12: 0.44µg (7.25%), Vitamin B6: 0.14mg (7.19%), Potassium: 221.52mg (6.33%), Manganese: 0.12mg (6.13%), Zinc: 0.84mg (5.63%), Vitamin D: 0.83µg (5.54%), Iron: 0.97mg (5.4%), Vitamin E: 0.79mg (5.28%), Vitamin B1: 0.08mg (5.02%), Fiber: 1.21g (4.85%), Magnesium: 17.31mg (4.33%), Copper: 0.05mg (2.41%), Vitamin B3: 0.48mg (2.39%)