



Broccoli Timbales with Lemon Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



492 kcal

SIDE DISH

Ingredients

- 1.3 pounds broccoli fresh chopped
- 5 tablespoons butter divided softened
- 1 teaspoon chicken soup base
- 6 ounces cream cheese softened
- 1 sprigs optional: dill fresh
- 3 egg yolk
- 3 eggs
- 1 tablespoon flour all-purpose
- 3 tablespoons optional: dill fresh snipped

- 1.5 cups cup heavy whipping cream divided
- 2 tablespoons juice of lemon
- 2 tablespoons parmesan cheese grated
- 0.5 teaspoon salt divided
- 0.3 teaspoon pepper white divided

Equipment

- bowl
- sauce pan
- oven
- knife
- whisk
- blender
- ramekin
- baking pan

Directions

- In a small bowl, combine 1 cup cream and lemon juice; let stand for 1 hour at room temperature.
- Place the remaining cream in a blender.
- Add the eggs, egg yolks, cream cheese, 4 tablespoons butter and cheese; cover and process until blended.
- Transfer mixture to a large bowl; fold in the broccoli, 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Spoon 1 cup broccoli mixture into six 6-oz. ramekins.
- Place cups in a baking pan. Fill pan with boiling water to a depth of 1 in.
- Bake, uncovered, at 350° for 25–30 minutes or until a knife inserted near the center comes out clean.
- For sauce, combine flour and remaining butter to form a paste. In a large, heavy saucepan, combine the lemon-cream mixture, chicken bouillon and remaining salt and pepper. Bring to

boil.

- Whisk butter mixture into cream mixture until smooth and mixture is thickened.
- Add snipped dill.
- Remove from the heat and set aside.
- Carefully run a knife around the edge of each custard cup to loosen. Arrange on individual serving plates top side up. Spoon sauce around each timbale and garnish with dill sprigs if desired.

Nutrition Facts

PROTEIN 8.79% **FAT 81.99%** **CARBS 9.22%**

Properties

Glycemic Index:35.67, Glycemic Load:2.34, Inflammation Score:-9, Nutrition Score:21.760434845219%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 7.44mg, Kaempferol: 7.44mg, Kaempferol: 7.44mg, Kaempferol: 7.44mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 491.65kcal (24.58%), Fat: 46.06g (70.86%), Saturated Fat: 27.34g (170.87%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 9.12g (3.32%), Sugar: 4.74g (5.26%), Cholesterol: 301.48mg (100.49%), Sodium: 549.61mg (23.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.11g (22.23%), Vitamin C: 86.8mg (105.22%), Vitamin K: 99.87µg (95.11%), Vitamin A: 2416.97IU (48.34%), Selenium: 19.6µg (28.01%), Vitamin B2: 0.45mg (26.74%), Folate: 92.15µg (23.04%), Phosphorus: 221.84mg (22.18%), Calcium: 154.58mg (15.46%), Vitamin E: 2.28mg (15.2%), Vitamin B5: 1.49mg (14.94%), Vitamin B6: 0.28mg (13.82%), Potassium: 447.94mg (12.8%), Vitamin D: 1.89µg (12.58%), Manganese: 0.23mg (11.57%), Fiber: 2.53g (10.13%), Vitamin B12: 0.57µg (9.54%), Iron: 1.52mg (8.42%), Zinc: 1.26mg (8.4%), Vitamin B1: 0.12mg (8.18%), Magnesium: 31.44mg (7.86%), Copper: 0.09mg (4.26%), Vitamin B3: 0.78mg (3.91%)