



Cheesy Broccoli Appetizers

 Gluten Free

READY IN



70 min.

SERVINGS



30

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups broccoli frozen thawed drained chopped (from 12 oz. bag)
- 7 oz corn kernels whole drained canned
- 0.3 cup onion chopped
- 0.5 cup walnut pieces coarsely chopped
- 0.3 teaspoon garlic salt
- 0.5 cup milk
- 0.3 cup butter melted
- 2 eggs

- 4 oz cheddar cheese shredded
- 0.5 cup frangelico

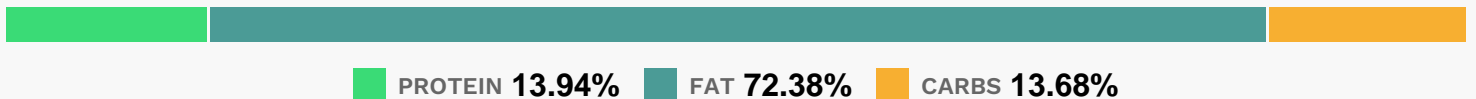
Equipment

- bowl
- frying pan
- oven
- knife
- whisk

Directions

- Heat oven to 375°F. Spray 9-inch square pan with cooking spray. In pan, mix broccoli, corn, onion and walnuts.
- In medium bowl, stir all remaining ingredients except cheese with wire whisk or fork until blended.
- Pour into pan.
- Bake 23 to 25 minutes or until knife inserted in center comes out clean.
- Sprinkle with cheese.
- Bake 2 to 3 minutes longer or until cheese is melted. Cool 30 minutes. To serve, cut into 5 rows by 3 rows; cut each rectangle diagonally in half.

Nutrition Facts



Properties

Glycemic Index:4.8, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.233913064003%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 54.87kcal (2.74%), Fat: 4.59g (7.06%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.69g (0.77%), Cholesterol: 15.18mg (5.06%), Sodium: 82.75mg (3.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Vitamin C: 4.16mg (5.04%), Vitamin K: 4.66µg (4.44%), Manganese: 0.09mg (4.32%), Phosphorus: 40.74mg (4.07%), Calcium: 38.43mg (3.84%), Selenium: 2.3µg (3.28%), Vitamin A: 158.77IU (3.18%), Vitamin B2: 0.05mg (2.98%), Folate: 9.58µg (2.39%), Zinc: 0.29mg (1.97%), Copper: 0.04mg (1.96%), Magnesium: 6.92mg (1.73%), Vitamin B6: 0.03mg (1.62%), Fiber: 0.4g (1.6%), Vitamin B12: 0.09µg (1.5%), Vitamin B5: 0.14mg (1.39%), Potassium: 47.04mg (1.34%), Vitamin B1: 0.02mg (1.17%), Vitamin E: 0.17mg (1.16%)