

Cheesy Broccoli Pie

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



230 kcal

Ingredients

- 0.8 cup baking mix
- 0.8 cup baking mix
- 6 cups broccoli frozen thawed chopped
- 3 eggs
- 1.3 cup milk
- 0.7 cup onion chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 12 ounces cheddar cheese shredded divided

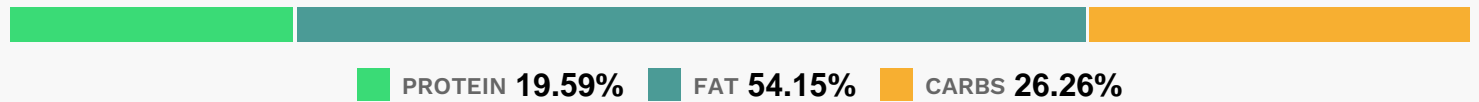
Equipment

- bowl
- oven
- knife

Directions

- In a large bowl, combine broccoli, 2 cups cheese and onion. In another bowl, combine eggs, milk, biscuit mix, salt and pepper; mix well.
- Pour over broccoli mixture; toss gently.
- Pour into two greased 9-in. pie plates.
- Bake at 400° for 25–30 minutes or until a knife inserted near the center comes out clean.
- Sprinkle with remaining cheese; return to the oven for 1–2 minutes or until melted.
- Let stand 5–10 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:1.43, Inflammation Score:-6, Nutrition Score:13.813043480334%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 230.48kcal (11.52%), Fat: 14.04g (21.59%), Saturated Fat: 6.94g (43.38%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 13.69g (4.98%), Sugar: 4.31g (4.79%), Cholesterol: 72.82mg (24.27%), Sodium: 514.51mg (22.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.85%), Vitamin C: 39.95mg (48.43%), Vitamin K: 46.75µg (44.53%), Phosphorus: 298.44mg (29.84%), Calcium: 289.76mg (28.98%), Selenium: 14.19µg (20.27%), Vitamin B2: 0.33mg (19.54%), Folate: 59.29µg (14.82%), Vitamin A: 662.51IU (13.25%), Zinc: 1.58mg (10.53%), Vitamin B12: 0.6µg (10.06%), Vitamin B1: 0.15mg (9.96%), Manganese: 0.17mg (8.37%), Vitamin B5: 0.78mg (7.83%), Vitamin

B6: 0.15mg (7.7%), Potassium: 254.72mg (7.28%), Magnesium: 26.18mg (6.55%), Fiber: 1.62g (6.48%), Iron: 1mg (5.54%), Vitamin B3: 1.02mg (5.12%), Vitamin E: 0.71mg (4.71%), Vitamin D: 0.69µg (4.59%), Copper: 0.07mg (3.32%)