



Cheesy Broccoli Puffs with Sriracha Mayonnaise

READY IN



60 min.

SERVINGS



12

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 12 oz broccoli frozen
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup milk
- ☐ 2 eggs
- ☐ 0.3 cup parmesan cheese grated
- ☐ 6 slices farro chopped
- ☐ 0.5 cup mayonnaise

- ☐ 2 teaspoons sriracha
- ☐ 1 serving spring onion sliced
- ☐ 0.8 cup frangelico

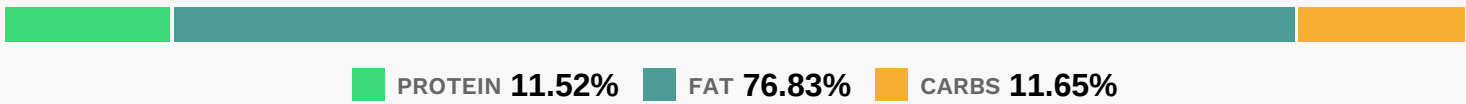
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 375°F. Generously grease 24 mini muffin cups with shortening or cooking spray. Cook broccoli as directed on bag for minimum time. Chop broccoli.
- ☐ In medium bowl, stir Bisquick mix, crushed red pepper, salt, milk and eggs with whisk or fork until blended. Stir in broccoli and cheese sauce, Parmesan cheese and bacon. Divide mixture evenly among cups. Cups will be full.
- ☐ Bake 16 to 18 minutes or until toothpick inserted in center comes out clean and tops are light brown. Cool 5 minutes. With thin knife, loosen sides of puffs from pan; remove to cooling rack.
- ☐ Meanwhile, mix mayonnaise and Sriracha sauce in small bowl until smooth. Top each warm puff with mayonnaise mixture; garnish with green onion.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:6.4386956328931%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 102.47kcal (5.12%), Fat: 8.9g (13.7%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 2.24g (0.81%), Sugar: 1.08g (1.2%), Cholesterol: 34.84mg (11.61%), Sodium: 174.82mg (7.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6.01%), Vitamin K: 45.37µg (43.21%), Vitamin C: 25.88mg (31.37%), Phosphorus: 63.85mg (6.38%), Selenium: 4.4µg (6.29%), Vitamin A: 293.59IU (5.87%), Calcium: 56mg (5.6%), Folate: 22.4µg (5.6%), Vitamin B2: 0.09mg (5.54%), Vitamin E: 0.66mg (4.39%), Vitamin B6: 0.07mg (3.75%), Potassium: 126.37mg (3.61%), Manganese: 0.07mg (3.45%), Vitamin B5: 0.34mg (3.4%), Fiber: 0.8g (3.2%), Vitamin B12: 0.17µg (2.81%), Zinc: 0.4mg (2.65%), Magnesium: 9.49mg (2.37%), Iron: 0.4mg (2.22%), Vitamin B1: 0.03mg (2.11%), Vitamin D: 0.29µg (1.94%), Copper: 0.02mg (1.21%), Vitamin B3: 0.22mg (1.12%)