



## Easy Broccoli Cottage Bake

 Vegetarian

READY IN



55 min.

SERVINGS



55

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 Tbsp reduced fat topping and bread crumbs plain dry parmesan style grated kraft
- 10 oz broccoli frozen thawed drained chopped well
- 16 oz knudsen milkfat cottage cheese 2% low fat
- 4 eggs beaten
- 7 oz roasted peppers red drained chopped well
- 0.8 cup milk sharp cheddar cheese shredded 2% kraft

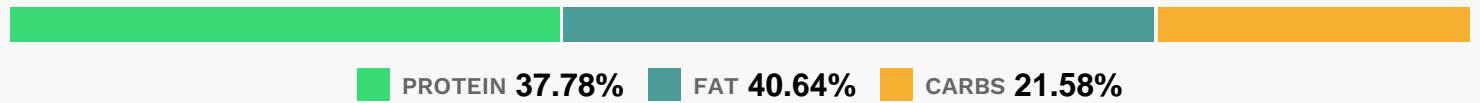
### Equipment

- oven

## Directions

- Heat oven to 350F.
- Mix all ingredients until well blended.
- Pour into 9-inch pie plate sprayed with cooking spray.
- Bake 45 min. or until center is set.
- Let stand 10 min. before cutting into slices to serve.

## Nutrition Facts



## Properties

Glycemic Index:1.07, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.7621739195741%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 21.36kcal (1.07%), Fat: 0.97g (1.49%), Saturated Fat: 0.46g (2.9%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.36g (0.4%), Cholesterol: 13.77mg (4.59%), Sodium: 103.19mg (4.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin C: 6.28mg (7.61%), Vitamin K: 5.35µg (5.09%), Selenium: 2.44µg (3.48%), Phosphorus: 29.47mg (2.95%), Vitamin B2: 0.04mg (2.61%), Calcium: 22.62mg (2.26%), Folate: 7.23µg (1.81%), Vitamin A: 86.98IU (1.74%), Vitamin B12: 0.1µg (1.64%), Vitamin B6: 0.03mg (1.41%), Manganese: 0.02mg (1.15%), Zinc: 0.16mg (1.1%), Vitamin B5: 0.11mg (1.07%), Potassium: 35.32mg (1.01%)