



## Festive Broccoli Moulds

 Vegetarian  Gluten Free

READY IN



22 min.

SERVINGS



8

CALORIES



125 kcal

SIDE DISH

### Ingredients

- 450 g broccoli fresh frozen (can use)
- 50 g butter melted
- 2 teaspoons coarse mustard
- 2 egg whites
- 4 egg yolk
- 5 tablespoons single cream
- 50 ml water

# Equipment

## Nutrition Facts

 **PROTEIN 12.76%**  **FAT 73.51%**  **CARBS 13.73%**

### Properties

Glycemic Index:14.25, Glycemic Load:0.73, Inflammation Score:-6, Nutrition Score:10.489130434783%

### Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

### Nutrients (% of daily need)

Calories: 124.96kcal (6.25%), Fat: 10.61g (16.33%), Saturated Fat: 5.95g (37.2%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 2.94g (1.07%), Sugar: 1.09g (1.21%), Cholesterol: 121.04mg (40.35%), Sodium: 92.77mg (4.03%), Protein: 4.14g (8.29%), Vitamin C: 50.24mg (60.89%), Vitamin K: 58.15µg (55.38%), Vitamin A: 732.26IU (14.65%), Folate: 49.53µg (12.38%), Selenium: 8.48µg (12.12%), Vitamin B2: 0.16mg (9.47%), Phosphorus: 81.92mg (8.19%), Vitamin B6: 0.13mg (6.7%), Manganese: 0.13mg (6.46%), Vitamin B5: 0.64mg (6.41%), Fiber: 1.52g (6.07%), Potassium: 212.25mg (6.06%), Vitamin E: 0.9mg (6.02%), Calcium: 47.52mg (4.75%), Vitamin B1: 0.06mg (4.07%), Iron: 0.69mg (3.81%), Magnesium: 14.53mg (3.63%), Vitamin D: 0.54µg (3.62%), Vitamin B12: 0.21µg (3.53%), Zinc: 0.48mg (3.18%), Copper: 0.04mg (1.94%), Vitamin B3: 0.38mg (1.92%)