



 21%  
HEALTH SCORE

## Green Gruel with Eyeballs

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 olives black pitted
- 2.5 pounds broccoli chopped
- 1 cup chicken broth
- 1 garlic clove minced
- 0.1 teaspoon pepper black
- 6 hardboiled eggs peeled
- 1 pinch nutmeg freshly grated
- 0.3 teaspoon salt

- 3 shallots finely chopped
- 2 cups sharp cheddar cheese grated
- 3 tablespoons butter unsalted

## Equipment

- bowl
- frying pan
- pot
- blender

## Directions

- Melt 1 tablespoon of the butter in a 12-inch nonstick skillet over medium heat.
- Add the chopped broccoli stems, shallots, garlic, salt, pepper, and nutmeg; cook, stirring, until the shallots are tender, 3 to 5 minutes.
- Add the broth, cover, and simmer 20 minutes, until the broccoli stalks are tender and the liquid almost evaporated.
- Remove from the heat, add the cheese, and toss to combine. Working in batches, transfer to a blender and purée until smooth.
- Bring a large pot of lightly salted water to a boil.
- Add the florets and cook for 3 minutes.
- Drain and rinse under cold running water to stop the cooking.
- Cut a notch in the side of each egg and press an olive into it.
- Heat broccoli purée over medium heat until just warmed through, 5 minutes. Stir in the florets and the remaining butter. Spoon the gruel into individual soup bowls and top each with an egg eye; serve immediately.
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## Nutrition Facts



## Properties

Glycemic Index:36.83, Glycemic Load:3.29, Inflammation Score:-9, Nutrition Score:29.058260855467%

## Flavonoids

Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Kaempferol: 14.82mg, Kaempferol: 14.82mg, Kaempferol: 14.82mg, Kaempferol: 14.82mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

## Nutrients (% of daily need)

Calories: 364.5kcal (18.23%), Fat: 25.26g (38.86%), Saturated Fat: 12.81g (80.06%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 11.23g (4.08%), Sugar: 5.13g (5.7%), Cholesterol: 240mg (80%), Sodium: 677.7mg (29.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.11g (42.21%), Vitamin C: 169.75mg (205.75%), Vitamin K: 194.55µg (185.29%), Selenium: 31.27µg (44.68%), Vitamin A: 2007.25IU (40.14%), Vitamin B2: 0.67mg (39.57%), Phosphorus: 395.34mg (39.53%), Calcium: 391.54mg (39.15%), Folate: 153.71µg (38.43%), Manganese: 0.49mg (24.36%), Vitamin B6: 0.47mg (23.42%), Fiber: 5.5g (22.01%), Potassium: 744.56mg (21.27%), Vitamin B5: 1.99mg (19.89%), Zinc: 2.78mg (18.52%), Vitamin E: 2.61mg (17.39%), Vitamin B12: 0.97µg (16.23%), Magnesium: 58.96mg (14.74%), Vitamin B1: 0.2mg (13.11%), Iron: 2.25mg (12.51%), Vitamin D: 1.43µg (9.54%), Vitamin B3: 1.39mg (6.94%), Copper: 0.14mg (6.91%)