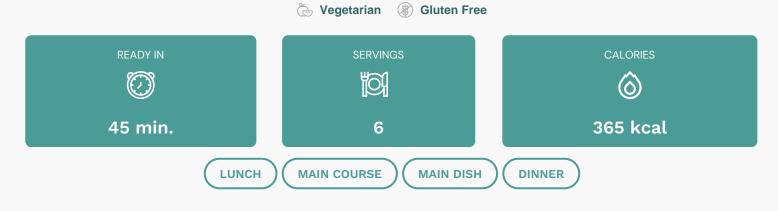


Green Gruel with Eyeballs



Ingredients

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

0.3 teaspoon salt

	Nutrition Facts
	Reprinted with permission from Matthew Mead's Monster Book of Halloween by Matthew Mead, (C) August 2009, Time Inc Home Entertainment
	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.
	Cut a notch in the side of each egg and press an olive into it.
	Drain and rinse under cold running water to stop the cooking.
	Add the florets and cook for 3 minutes.
	Bring a large pot of lightly salted water to a boil.
	Remove from the heat, add the cheese, and toss to combine. Working in batches, transfer to a blender and purée until smooth.
	Add the broth, cover, and simmer 20 minutes, until the broccoli stalks are tenderand the liquid almost evaporated.
	Add the chopped broccoli stems, shallots, garlic, salt, pepper, and nutmeg; cook, stirring, until the shallots are tender, 3 to 5 minutes.
	Melt 1 tablespoon of the butter in a 12-inch nonstick skillet over medium heat.
Di	rections
	blender
	pot
	frying pan
	bowl
Εq	uipment
	3 tablespoons butter unsalted
	2 cups sharp cheddar cheese grated
	3 shallots finely chopped

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, Myricetin: 0.12mg, 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: Og (100%), Alcohol %: O% (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%)