



## Italian Broccoli Cheese Bake

READY IN



50 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 pounds broccoli fresh cut into 1/4-inch slices
- 16 ounces curd cottage cheese 1%
- 2 egg whites
- 3 tablespoons flour all-purpose
- 0.5 teaspoon seasoning italian
- 0.3 cup parmesan cheese grated
- 4 ounces part-skim mozzarella cheese shredded
- 0.3 teaspoon salt
- 0.8 cup pasta sauce

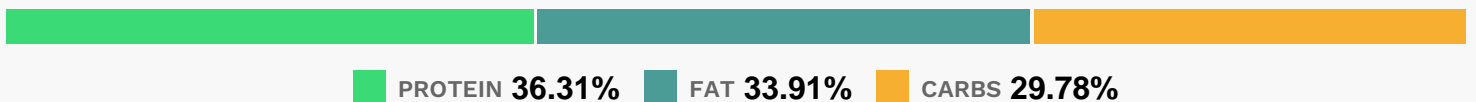
## Equipment

- sauce pan
- oven
- blender
- baking pan

## Directions

- In a large saucepan, bring 1-in. of water, broccoli and salt to a boil. Reduce heat; cover and simmer for 5–8 minutes or until crisp-tender.
- Drain and pat dry.
- In a blender, combine the cottage cheese, egg whites, Parmesan cheese, flour and Italian seasoning; cover and process until blended.
- Place half of the broccoli in an 11-in. x 7-in. baking dish coated with cooking spray; top with half of the cottage cheese mixture. Repeat layers. Spoon spaghetti sauce over the top; sprinkle with mozzarella cheese.
- Bake, uncovered, at 375° for 25–30 minutes or until bubbly.
- Let stand for 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:46, Glycemic Load:7.13, Inflammation Score:-9, Nutrition Score:28.414782741795%

## Flavonoids

Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

## Nutrients (% of daily need)

Calories: 307.25kcal (15.36%), Fat: 12g (18.46%), Saturated Fat: 6.01g (37.57%), Carbohydrates: 23.7g (7.9%), Net Carbohydrates: 18.33g (6.67%), Sugar: 8.01g (8.9%), Cholesterol: 42.86mg (14.29%), Sodium: 1086.36mg (47.23%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.9g (57.8%), Vitamin C: 154.95mg (187.82%), Vitamin K: 176.92µg (168.49%), Phosphorus: 484.55mg (48.45%), Calcium: 463.42mg (46.34%), Selenium: 26.72µg (38.17%), Vitamin B2: 0.62mg (36.24%), Folate: 139.32µg (34.83%), Vitamin A: 1612.05IU (32.24%), Potassium: 860.84mg (24.6%), Manganese: 0.47mg (23.48%), Fiber: 5.37g (21.48%), Vitamin B6: 0.43mg (21.28%), Vitamin B5: 1.85mg (18.46%), Magnesium: 63.96mg (15.99%), Zinc: 2.36mg (15.71%), Vitamin E: 2.2mg (14.66%), Vitamin B1: 0.21mg (14.29%), Vitamin B12: 0.82µg (13.63%), Iron: 2.22mg (12.33%), Vitamin B3: 2.05mg (10.24%), Copper: 0.19mg (9.59%), Vitamin D: 0.23µg (1.53%)