



New Mom Broccoli Kugel

 Vegetarian  Dairy Free

READY IN



115 min.

SERVINGS



8

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 32 ounce broccoli frozen thawed chopped
- 4 eggs
- 3 tablespoons flour all-purpose
- 1 cup mayonnaise
- 1 onion sliced
- 8 servings salt and pepper to taste
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat an oven to 375 degrees F (190 degrees C). Grease an 8x8-inch baking dish.
- Heat the vegetable oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more. Set aside.
- Beat eggs with mayonnaise, flour, salt, and pepper in a large bowl. Stir in broccoli and onion.
- Pour into the prepared baking dish.
- Bake in the preheated oven until broccoli is tender, about 90 minutes.

Nutrition Facts

PROTEIN 8.95% **FAT 75.94%** **CARBS 15.11%**

Properties

Glycemic Index:23, Glycemic Load:3.38, Inflammation Score:-8, Nutrition Score:17.953478284504%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 8.98mg, Kaempferol: 8.98mg, Kaempferol: 8.98mg, Kaempferol: 8.98mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 291.18kcal (14.56%), Fat: 25.2g (38.76%), Saturated Fat: 4.36g (27.27%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 8.02g (2.92%), Sugar: 2.76g (3.07%), Cholesterol: 93.6mg (31.2%), Sodium: 440.86mg (19.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Vitamin K: 164.56µg (156.73%), Vitamin C: 102.17mg (123.84%), Folate: 90.94µg (22.74%), Vitamin A: 843.75IU (16.87%), Selenium: 11.26µg (16.08%), Vitamin B2: 0.26mg (15.07%), Vitamin E: 2.18mg (14.52%), Manganese: 0.28mg (14.18%), Phosphorus: 131.31mg (13.13%), Fiber: 3.26g (13.03%), Vitamin B6: 0.26mg (12.79%), Potassium: 417.42mg (11.93%), Vitamin B5: 1.06mg (10.64%), Vitamin B1: 0.12mg (8.03%), Iron: 1.43mg (7.96%), Magnesium: 28.73mg (7.18%), Calcium: 71.56mg (7.16%), Zinc: 0.83mg

(5.56%), Vitamin B3: 0.92mg (4.62%), Copper: 0.09mg (4.31%), Vitamin B12: 0.23µg (3.82%), Vitamin D: 0.5µg (3.31%)