



Pan-Fried Farina

READY IN



45 min.

SERVINGS



8

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.3 teaspoons mustard dry
- 0.5 cup egg substitute
- 0.8 cup farina instant uncooked (such as Cream of Wheat)
- 1 cup parmesan cheese divided freshly grated
- 0.3 teaspoon salt
- 3 cups skim milk

Equipment

- frying pan

- sauce pan
- oven
- whisk
- baking pan

Directions

- Place milk in a medium saucepan; bring to a simmer. (Do not boil.) Gradually add farina, stirring constantly. Bring to a boil; reduce heat, and simmer, stirring constantly, 2 minutes or until thickened.
- Add 3/4 cup cheese and mustard, stirring until cheese melts.
- Add egg substitute and salt; stir well with a wire whisk.
- Spread farina mixture in an 8-inch square baking dish coated with cooking spray.
- Sprinkle remaining 1/4 cup cheese over farina mixture.
- Bake at 400 for 20 to 25 minutes or until set. Cover and chill.
- Remove farina from dish, and cut into 8 squares. Coat a nonstick skillet with cooking spray.
- Place over medium heat until hot.
- Add 4 farina squares. Cook 3 to 4 minutes on each side or until browned. Repeat procedure with remaining farina squares.
- Serve farina with no-salt-added salsa, if desired.

Nutrition Facts

PROTEIN 27.56% **FAT 23.54%** **CARBS 48.9%**

Properties

Glycemic Index:4.16, Glycemic Load:1.49, Inflammation Score:-4, Nutrition Score:10.953478310095%

Nutrients (% of daily need)

Calories: 151.04kcal (7.55%), Fat: 3.92g (6.02%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 17.58g (6.39%), Sugar: 5.06g (5.62%), Cholesterol: 13.63mg (4.54%), Sodium: 379.09mg (16.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.63%), Calcium: 358.92mg (35.89%), Iron: 5.8mg (32.21%), Selenium: 16.3µg (23.29%), Phosphorus: 231.82mg (23.18%), Vitamin B2: 0.31mg (18.44%), Vitamin B1: 0.24mg (15.93%), Vitamin B12: 0.75µg (12.54%), Vitamin B3: 2.38mg (11.88%), Manganese: 0.23mg (11.63%), Zinc:

1.34mg (8.9%), Vitamin D: 1.31µg (8.75%), Vitamin B6: 0.16mg (7.98%), Vitamin B5: 0.72mg (7.19%), Potassium: 235.52mg (6.73%), Vitamin A: 329.4IU (6.59%), Magnesium: 26.11mg (6.53%), Folate: 25.12µg (6.28%), Fiber: 0.72g (2.88%), Vitamin E: 0.37mg (2.48%), Copper: 0.05mg (2.26%)