

Parmesan Broccoli Balls

READY IN



100 min.

SERVINGS



36

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce broccoli frozen thawed chopped
- 6 eggs beaten
- 0.5 teaspoon garlic salt
- 1 teaspoon pepper black
- 0.8 cup butter melted
- 1 medium onion chopped
- 0.5 cup parmesan cheese grated
- 6 ounce bread stuffing mix dry flavored

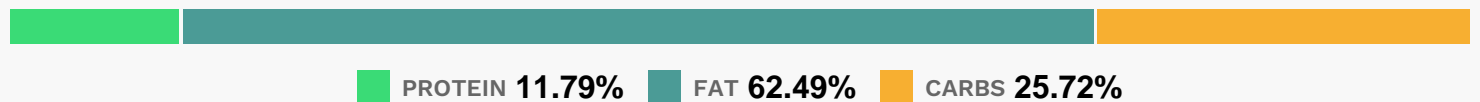
Equipment

- bowl
- baking sheet
- sauce pan
- oven

Directions

- Place broccoli in a medium saucepan with enough water to cover. Cover, and bring to a boil. Cook 5 minutes. Uncover, and continue cooking 2 to 3 minutes, until tender.
- Remove from heat, drain, and cool.
- In a large bowl, mix broccoli, stuffing mix, Parmesan cheese, onion, eggs, margarine, pepper, and garlic salt. Cover, and chill in the refrigerator approximately 1 hour, until moisture has been absorbed.
- Preheat oven to 325 degrees F (165 degrees C).
- Roll the chilled mixture into 1 inch balls, and arrange on a medium baking sheet.
- Bake 15 to 20 minutes in the preheated oven, until browned.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:3.0191304476365%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 72.61kcal (3.63%), Fat: 5.09g (7.83%), Saturated Fat: 1.29g (8.03%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 4.29g (1.56%), Sugar: 0.68g (0.76%), Cholesterol: 28.54mg (9.51%), Sodium: 180.73mg (7.86%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin C: 7.26mg (8.8%), Vitamin K: 8.23µg (7.84%), Selenium: 5.22µg (7.46%), Vitamin A: 270.3IU (5.41%), Folate: 17.07µg (4.27%), Vitamin B2: 0.07mg (4.08%), Phosphorus: 37.25mg (3.72%), Manganese: 0.06mg (2.95%), Calcium: 27.06mg (2.71%), Vitamin B1: 0.04mg (2.6%), Iron: 0.38mg (2.13%), Vitamin E: 0.31mg (2.08%), Vitamin B6: 0.04mg (1.94%), Vitamin B5: 0.19mg (1.89%), Fiber: 0.42g (1.69%), Vitamin B3: 0.33mg (1.67%), Potassium: 56.38mg (1.61%), Zinc: 0.24mg (1.58%), Vitamin B12: 0.09µg (1.49%), Magnesium: 5.45mg (1.36%), Copper: 0.02mg (1.14%), Vitamin D: 0.15µg (1.02%)