

Sweet Onion Broccoli Cornbread

READY IN



60 min.

SERVINGS



8

CALORIES



289 kcal

Ingredients

- 10 ounce broccoli frozen thawed chopped
- 7.5 ounce just-add-water cornbread mix jiffy® (such as)
- 0.8 cup curd cottage cheese
- 4 eggs beaten
- 0.5 cup butter melted
- 1 teaspoon salt
- 1 large onion sweet finely chopped vidalia® (such as)

Equipment

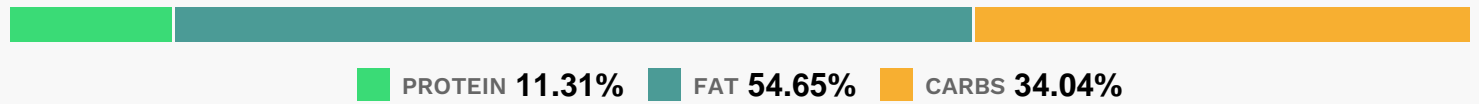
- bowl

- oven
- baking pan

Directions

- Preheat oven to 425 degrees F (220 degrees C). Grease a 9x9-inch metal baking pan.
- In a bowl, mix together the sweet onion, broccoli, cottage cheese, eggs, corn bread mix, and margarine. Scoop the mixture into the prepared baking pan.
- Bake in the preheated oven until the top is browned and the casserole has risen, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.64, Inflammation Score:-7, Nutrition Score:12.059130523516%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 3.25mg, Kaempferol: 3.25mg, Kaempferol: 3.25mg, Kaempferol: 3.25mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 289.15kcal (14.46%), Fat: 17.77g (27.33%), Saturated Fat: 4.26g (26.62%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 21.88g (7.96%), Sugar: 8.69g (9.66%), Cholesterol: 85.72mg (28.57%), Sodium: 749.87mg (32.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.55%), Vitamin C: 33.65mg (40.79%), Vitamin K: 37.66µg (35.87%), Phosphorus: 242.65mg (24.27%), Vitamin A: 905.6IU (18.11%), Folate: 69.4µg (17.35%), Selenium: 11.25µg (16.07%), Vitamin B2: 0.26mg (15.29%), Fiber: 3.02g (12.09%), Vitamin B1: 0.17mg (11.41%), Vitamin B6: 0.2mg (9.88%), Manganese: 0.2mg (9.84%), Vitamin B5: 0.83mg (8.3%), Iron: 1.43mg (7.96%), Calcium: 73.18mg (7.32%), Potassium: 248.1mg (7.09%), Vitamin E: 1.01mg (6.76%), Vitamin B3: 1.21mg (6.04%), Magnesium: 22.19mg (5.55%), Vitamin B12: 0.32µg (5.31%), Zinc: 0.71mg (4.76%), Copper: 0.08mg (4.24%), Vitamin D: 0.46µg (3.06%)