

# Triple-Cheese Broccoli Puff

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 cup baking mix
- 0.8 cup baking mix
- 3 cups broccoli frozen thawed chopped
- 1 tablespoon butter
- 8 ounces curd cottage cheese 4%
- 3 ounces cream cheese softened
- 6 eggs
- 1 cup mushrooms fresh sliced

- 1 cup mushrooms fresh sliced
- 1 cup milk 2%
- 8 ounces monterrey jack cheese shredded
- 0.3 teaspoon salt

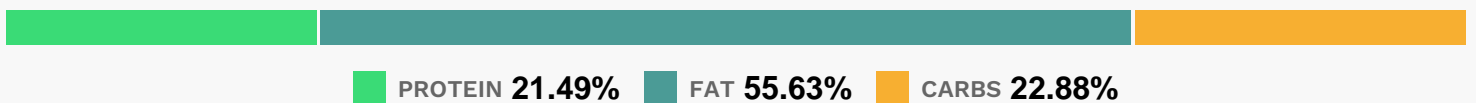
## Equipment

- bowl
- frying pan
- oven
- baking pan
- kitchen thermometer

## Directions

- In a small skillet, saute mushrooms in butter until tender; set aside. In a large bowl, beat the cream cheese, eggs, milk and biscuit mix just until combined. Stir in the broccoli, cheeses, salt and mushrooms.
- Pour into a greased round 2-1/2-qt. baking dish.
- Bake, uncovered, at 350° for 50-60 minutes or until a thermometer reads 160°.
- Let stand for 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:28.38, Glycemic Load:1.07, Inflammation Score:-6, Nutrition Score:17.549565066462%

## Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## Nutrients (% of daily need)

Calories: 358.02kcal (17.9%), Fat: 22.28g (34.27%), Saturated Fat: 11.29g (70.59%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 19.04g (6.92%), Sugar: 6.57g (7.3%), Cholesterol: 170.12mg (56.71%), Sodium: 736.62mg (32.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.36g (38.73%), Phosphorus: 449.27mg (44.93%), Vitamin B2: 0.62mg (36.51%), Vitamin C: 30.07mg (36.44%), Calcium: 356.18mg (35.62%), Vitamin K: 36.33µg (34.6%), Selenium: 23.41µg (33.44%), Folate: 79.49µg (19.87%), Vitamin A: 858.98IU (17.18%), Vitamin B5: 1.64mg (16.38%), Vitamin B12: 0.93µg (15.52%), Vitamin B1: 0.21mg (14.09%), Zinc: 1.98mg (13.21%), Vitamin B3: 2.22mg (11.08%), Potassium: 371.03mg (10.6%), Vitamin B6: 0.21mg (10.43%), Iron: 1.8mg (10.02%), Manganese: 0.18mg (8.77%), Copper: 0.17mg (8.6%), Magnesium: 32.84mg (8.21%), Fiber: 1.57g (6.28%), Vitamin D: 0.91µg (6.04%), Vitamin E: 0.87mg (5.82%)