



## VELVEETA® Egg and Veggie Bake

READY IN



55 min.

SERVINGS



55

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup broccoli and mushrooms fresh sliced chopped
- 5 eggs
- 4 green onions sliced
- 0.3 cup milk
- 0.3 cup miracle whip dressing
- 1 ready-to-use pie crust refrigerated
- 6 oz velveeta cut into 1/4-inch cubes

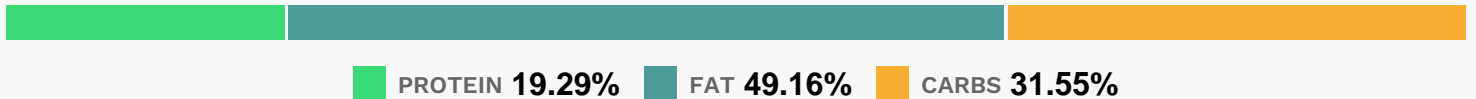
### Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Heat oven to 375F.
- Cook broccoli and mushrooms in skillet sprayed with cooking spray on medium heat 8 to 10 min. or until broccoli is crisp-tender, stirring occasionally.
- Remove from heat.
- Line 9-inch pie plate with pie crust; fold over and crimp edge.
- Whisk eggs, dressing and milk in medium bowl until blended. Stir in cooked vegetables, VELVEETA and onions; pour into crust.
- Bake 40 min. or until center is set and top is golden brown.
- Let stand 10 min. before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:1.85, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.189130437115%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 29.56kcal (1.48%), Fat: 1.61g (2.48%), Saturated Fat: 0.63g (3.97%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.18g (0.79%), Sugar: 0.56g (0.63%), Cholesterol: 16.5mg (5.5%), Sodium: 80.34mg (3.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Phosphorus: 45.21mg (4.52%), Vitamin B2: 0.05mg (3.14%), Calcium: 23.17mg (2.32%), Selenium: 1.6µg (2.29%), Vitamin K: 2.05µg (1.95%), Vitamin A: 64.16IU (1.28%), Folate: 4.9µg (1.22%), Zinc: 0.16mg (1.07%), Vitamin B5: 0.11mg (1.06%)