



## Ingredients

broccoli	2 1/2 Cup(s)
quinoa (cooked)	1 1/2 Cup(s)
lowfat cottage cheese, 2%	1 Cup(s)
egg	3 large
almond flour	3 Tbsp
sea salt	1/4 teaspoon(s)
black pepper	1/4 tsp

# **Nutrition Totals**

Calories 1009 / Carbs 90 g / Protein 68 g / Fat 33 g / Fluid 724 g

### Instructions

1. Preheat your oven to around 360 degrees F (180 C) and oil up a casserole dish.

2. Heat the broccoli by following the package instructions.

- 3. Meanwhile, beat the eggs and mix them with the cooked quinoa, cottage cheese, and flour. Add salt and pepper to taste.
- 4. Once the broccoli is done, drain it well and add it to the mixture.
- 5. Add everything into the casserole dish and put it in the oven for 30 to 35 minutes.

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# **Nutrition Label**

Broccoli Quinoa Casserole	
Amount Per Serving	
Calories	252
% Dai	ly Value*
Total Fat 8.3g	13%
Saturated Fat 2.6g	13%
Trans Fat 0.2g	
Cholesterol 132.3mg	44%
Sodium 395.3mg	<b>16%</b>
Total Carbohydrates 22.5g	<b>8</b> %
Dietary Fiber 4.2g	17%
Total Sugar 4.6g	
Protein 17g	
Vitamin D 32.9IU	5%
Calcium 131.9mg	13%
Iron 2.4mg	14%
Potassium 408.6mg	
* The % Daily Value (DV) tells you a nutrient in a serving of food cont a daily diet. 2,000 calories a day is general nutrition advice.	ributes to

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