Impossible Broccoli and Cheddar Appetizers

Doreen Recco

2009 St. Lucie Council of Catholic Women - Port St. Lucie, FL

Yield: 30 appetizers

1 package (10 ounce) frozen chopped broccoli, thawed and drained
1 can (8 ounce) whole-kernel corn, drained
1 small (about 1/4 cup) onion, chopped
1/2 cup walnuts, coarsely chopped
1/2 cup milk
1/4 cup margarine or butter, melted
2 eggs
1/2 cup Bisquick baking mix
1/4 teaspoon garlic salt
1 cup (4 ounces) cheddar cheese,

Preheat the oven to 375 degrees.

Lightly grease a 9x9x2-inch square pan.

In a bowl, mix the broccoli, corn, onion and walnuts. Place in the pan.

Beat the remaining ingredients, except the cheese, in a blender on HIGH for 15 seconds until smooth, stopping the blender frequently to scrape the sides if necessary (or in an electric mixer on HIGH for one minute). Pour evenly into the pan.

Bake for 23 to 25 minutes or until a knife inserted in the center comes out clean. Sprinkle with cheese and bake until the cheese is melted, about 2 to 3 minutes longer. Cool for 30 minutes.

Cut into triangles or squares.

Per Serving (excluding unknown items): 1508 Calories; 133g Fat (77.5% calories from fat); 62g Protein; 25g Carbohydrate; 5g Dietary Fiber; 684mg Cholesterol; 1888mg Sodium. Exchanges: 1/2 Grain(Starch); 7 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 21 1/2 Fat; 0 Other Carbohydrates.

Appetizers

shredded

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% Calories from Fat: % Calories from Carbohydrates: % Calories from Protein: Total Fat (g): Saturated Fat (g): Monounsaturated Fat (g): Polyunsaturated Fat (g):	77.5% 6.5% 16.0% 133g 60g 37g 28g 684mg	Vitamin B12 (mcg): Thiamin B1 (mg): Riboflavin B2 (mg): Folacin (mcg): Niacin (mg): Caffeine (mg): Alcohol (kcal):	2.7mcg .3mg 1.2mg 139mcg 1mg 0mg 0
Cholesterol (mg): Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg): Potassium (mg): Calcium (mg): Iron (mg): Zinc (mg): Vitamin C (mg):	25g 5g 62g 1888mg 947mg 1088mg 5mg 7mg 11mg	Food Exchanges Grain (Starch): Lean Meat: Vegetable: Fruit: Non-Fat Milk: Fat: Other Carbohydrates:	1/2 7 1/2 1 1/2 0 1/2 21 1/2
Vitamin C (mg): Vitamin A (i.u.): Vitamin A (r.e.):	11mg 3782IU 997RE		

Nutrition Facts

Amount Per Serving			
Calories 1508	Calories from Fat: 1169		
	% Daily Values*		
Total Fat 133g	205%		
Saturated Fat 60g	302%		
Cholesterol 684mg	228%		
Sodium 1888mg	79%		
Total Carbohydrates 25g	8%		
Dietary Fiber 5g	22%		
Protein 62g			
Vitamin A	76%		
Vitamin C	18%		
Calcium	109%		
Iron	27%		

^{*} Percent Daily Values are based on a 2000 calorie diet.