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Broccoli, Cheddar & Quinoa Gratin

A delicious and nutritious gratin dish made with broccoli, cheddar cheese, and quinoa. This dish is perfect for a cozy dinner or as a side dish. It's packed with flavor and is a great way to incorporate healthy ingredients into your meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	broccoli
200 g	cheddar cheese
150 g	Quinoa
250 ml	milk
50 g	butter

30 g	all-purpose flour
2	garlic
cloves	
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Boiling

Cook the quinoa according to the package instructions.

Prep Time: 10 mins

Cook Time: 15 mins

Step 3

Steaming

Steam the broccoli until tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Sautéing

In a saucepan, melt the butter over medium heat. Add the garlic and cook until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Stirring

Add the flour to the saucepan and cook for 1 minute, stirring constantly.

Prep Time: 1 mins

Cook Time: 1 mins

Step 6

Whisking

Gradually whisk in the milk and cook until the mixture thickens.

Prep Time: 2 mins

Cook Time: 5 mins

Step 7

Stirring

Remove the saucepan from heat and stir in the cheddar cheese until melted and smooth.

Prep Time: 2 mins

Cook Time: 2 mins

Step 8

Mixing

In a large baking dish, combine the cooked quinoa, steamed broccoli, and cheese sauce. Season with salt and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 9

Baking

Bake in the preheated oven for 15 minutes, or until the top is golden and bubbly.

Prep Time: 0 mins

Cook Time: 15 mins

Step 10

Resting

Let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	15 iu	1.67%	2.14%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	30 mg	3%	3%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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