



BROCCOLINI® baby broccoli Au-Gratin

Servings

4-6

Calories

210

Prep Time

10 minutes

Total Time

30 minutes

Skill Level

Easy

Ingredients

1 bunch Mann's BROCCOLINI® baby broccoli,

(about 9 stalks)

½ cup mayonnaise

¼ cup parmesan cheese, grated

1 ½ teaspoons lemon juice, fresh

1 clove garlic, crushed

1 dash cayenne pepper

1 egg white, beaten

1 dash paprika



The Method

Preheat oven to 350° F. Spray shallow 1 ½ quart baking dish with nonstick cooking spray; arrange Mann's BROCCOLINI® baby broccoli in an even layer. In a medium bowl, mix together mayonnaise, Parmesan cheese, lemon juice, garlic and cayenne; fold in egg white. Spoon mixture over BROCCOLINI® baby broccoli and sprinkle with paprika. Bake 15-20 minutes until topping is puffed and lightly browned and BROCCOLINI® baby broccoli is crisp-tender when pierced with the tip of a sharp knife.

Nutrition Facts

Serving Size: 104g | Servings: 5

Amount Per Serving

Calories 210 | Calories from Fat 170 | Total Fat 19g (sat fat 3g trans 0g) | Cholesterol 10mg | Sodium 270mg | Total Carbohydrate 4g | Dietary Fiber 2g | Sugars 1g | Protein 6g | Vitamin A 8% | Vitamin C 40% | Calcium 6% | Iron 4%