AMERICAN · SNACK

Baked Cheesy Broccoli Tots

45 min · Makes 4 × 6–7 tots · 269 kcal a portion · Video 3:18 · Low Carb Recipes with Jennifer

Gluten-free ingredients

Broccoli bound with eggs, almond flour and cheese instead of potato and breadcrumbs: baked not fried, gluten-free, under 6 g net carbs and about 18 g of protein a serve, and rich in vitamin C, vitamin K and calcium.

Diet notes: Keto (5.6 g net carbs a serve); Vegetarian with a vegetarian hard cheese instead of the parmesan (traditionally made with animal rennet).

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Ingredients 8 · MAKES 4 × 6–7 TOTS

- [ ] 470 ml **broccoli**, steamed, finely chopped and packed (frozen or fresh, about 310 g)
- [ ] 50 g **almond flour**
- [ ] 50 g grated **Parmesan**
- [ ] 2 **eggs**, beaten
- [ ] 75 g shredded **cheddar cheese**
- [ ] ½ tsp **garlic powder**
- [ ] 1 tsp **salt**
- [ ] **freshly cracked black pepper**, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 200 °C and line a baking tray with baking paper. Steam or cook the broccoli (frozen is fine), chop it finely and pack it into a 470 ml measure. 0:25
2. In a large bowl stir together the broccoli, almond flour, Parmesan, beaten eggs, cheddar, garlic powder, salt and pepper until the mixture sticks together. 0:46
3. Scoop about a tablespoon at a time and roll into tot shapes (or balls) with your hands, about 25–28 in all. Set them on the tray. 1:30
4. Bake 15 minutes, flip, then bake about 15 minutes more until golden and firm. In an air fryer, cook at 200 °C for 10 minutes a side. 2:17
5. Serve warm on their own or with a dip. 2:37

> **Tip** The cheeses are already salty, so you can halve the salt. Leftovers reheat well in the oven or air fryer. Serve with a yoghurt or ranch-style dip.

The method is a summary in our words — the video shows every step.

One portion (6–7 tots) gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
269 kcal	**18** g	**9.2** g	**3.7** g	**19** g	**950** mg
1,120 kJ	35% of a day	5.6 g net · 2.4 g sugars	13% of a day	7.4 g saturated	41% of a day
		3% of a day		24% of a day	

Energy from net carbs 8% · protein 27% · fat 65% — fits keto: 5.6 g net carbs, 65% of the energy from fat

High in (20%+ of a day) Vitamin C 77% · Vitamin K 67% · Selenium 29% · Calcium 28% · Vitamin E 28% · Vitamin B12 25%

Source of (10–19%) Zinc 18% · Folate 18% · Magnesium 15% · Vitamin A 15% · Vitamin B6 13%

Recipe and video: Low Carb Recipes with Jennifer (@lowcarbwithjennifer) on YouTube — youtube.com/watch?v=zVeuxYEHnCg, published 2 July 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-cheesy-broccoli-tots