

# Broccoli Tots

Yield: 23 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-broccoli-recipe>

## Ingredients:

- 1 bunch broccoli cut into equal sized florets, around 3-4 cups
- 1 cup sharp cheddar cheese shredded, I used Cabot Vermont Sharp White Cheddar
- 1/3 cup onion finely chopped
- 1/2 cup breadcrumbs
- 2 eggs
- salt
- pepper

## Nutrition:

1. Calories: 45 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 25 milligrams
4. Fat: 2 grams
5. Fiber: 1 grams
6. Protein: 3 grams
7. SaturatedFat: 1 grams
8. Sodium: 95 milligrams
9. Sugar: 1 grams

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