



15-Minute Cheesy Rice with Ham & Broccoli

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



241 kcal

SIDE DISH

Ingredients

- 2 cups broccoli florets fresh
- 6 oz oscar mayer ham smoked cut into strips
- 1.5 cups rice white instant uncooked
- 1 cup water
- 6 oz velveeta cut into 1/2-inch cubes
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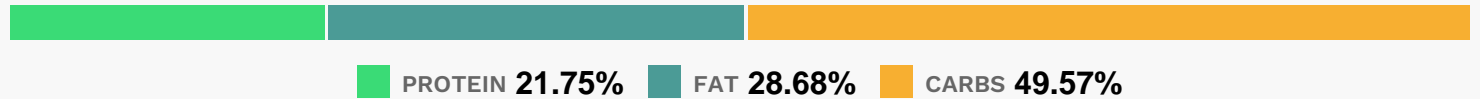
Equipment

- frying pan

Directions

- Bring ham, broccoli and water to boil in large skillet on medium-high heat; cover. Cook on medium heat 3 min.
- Add rice and VELVEETA; mix well. Cover.
- Remove from heat; let stand 7 min.
- Stir until VELVEETA is melted.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.59, Inflammation Score:-6, Nutrition Score:15.435217193935%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 241.35kcal (12.07%), Fat: 7.6g (11.7%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 29.57g (9.86%), Net Carbohydrates: 27.77g (10.1%), Sugar: 0.79g (0.88%), Cholesterol: 26.37mg (8.79%), Sodium: 525.96mg (22.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.98g (25.96%), Vitamin C: 40.59mg (49.2%), Vitamin K: 46.44µg (44.23%), Vitamin B1: 0.59mg (39.1%), Selenium: 22.79µg (32.55%), Folate: 118.63µg (29.66%), Vitamin B3: 4.45mg (22.23%), Manganese: 0.42mg (20.96%), Phosphorus: 159.09mg (15.91%), Iron: 2.73mg (15.19%), Vitamin B6: 0.28mg (14.03%), Zinc: 1.64mg (10.93%), Vitamin B2: 0.16mg (9.19%), Potassium: 274.11mg (7.83%), Fiber: 1.8g (7.18%), Copper: 0.12mg (6.21%), Vitamin B5: 0.59mg (5.94%), Magnesium: 22.74mg (5.69%), Vitamin A: 283.46IU (5.67%), Vitamin B12: 0.27µg (4.54%), Vitamin E: 0.52mg (3.47%), Calcium: 33.23mg (3.32%), Vitamin D: 0.3µg (1.98%)