



# Broccoli and Cheese Casserole

☒ Vegetarian ☒ Gluten Free

READY IN

ready

40 min.

SERVINGS

servings

5

CALORIES

calories

416 kcal

- SIDE DISH
- ANTIPASTI
- STARTER
- SNACK

## Ingredients

- ☐ 16 ounce broccoli frozen chopped
- ☐ 16 ounce process cheese sauce
- ☐ 10 ounce rice yellow
- ☐ 3 cups water

## Equipment

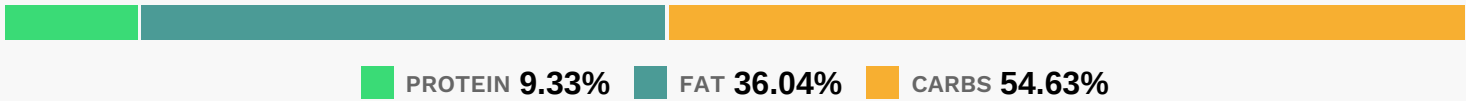
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

- ☐ baking pan
- ☐ stove

## Directions

- ☐ In a saucepan bring water to a boil.
- ☐ Add rice, reduce heat, cover and simmer for 20 minutes.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ While the rice is cooking, place frozen broccoli in large skillet.
- ☐ Heat stove to low-medium and defrost broccoli When the broccoli is 90% defrosted add processed cheese sauce to the broccoli and let melt. When rice has completed cooking add broccoli-cheese mixture and rice to 9x13 baking dish and mix well.
- ☐ Place casserole in the preheated 400 degrees F (200 degrees C) oven for 10 minutes; or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:18.64, Glycemic Load:28.46, Inflammation Score:-8, Nutrition Score:17.753043361332%

## Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.11mg, Kaempferol: 7.11mg, Kaempferol: 7.11mg, Kaempferol: 7.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

## Nutrients (% of daily need)

Calories: 415.6kcal (20.78%), Fat: 16.95g (26.07%), Saturated Fat: 3.83g (23.96%), Carbohydrates: 57.8g (19.27%), Net Carbohydrates: 54.7g (19.89%), Sugar: 5.24g (5.82%), Cholesterol: 8.16mg (2.72%), Sodium: 784.67mg (34.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.73%), Vitamin C: 80.92mg (98.09%), Vitamin K: 92.59µg (88.18%), Manganese: 0.81mg (40.37%), Vitamin A: 1051.43IU (21.03%), Selenium: 10.83µg (15.47%), Folate: 61.69µg (15.42%), Calcium: 127.54mg (12.75%), Vitamin B6: 0.25mg (12.59%), Phosphorus: 125.08mg (12.51%), Fiber: 3.1g (12.38%), Vitamin B5: 1.09mg (10.95%), Potassium: 351.87mg (10.05%), Copper: 0.19mg (9.6%), Magnesium: 34.65mg (8.66%), Vitamin B2: 0.13mg (7.88%), Vitamin B3: 1.49mg (7.43%), Vitamin B1: 0.1mg (6.94%), Zinc: 1mg (6.69%), Iron: 1.12mg (6.2%), Vitamin E: 0.77mg (5.13%)