



## Broccoli and Cheese Rice Cups

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

### Ingredients

- 1.5 cups broccoli frozen thawed drained chopped
- 2 eggs lightly beaten
- 1 cup chicken broth fat-free reduced-sodium
- 1 cup brown rice instant uncooked
- 0.7 cup low-moisture part-skim mozzarella cheese shredded kraft
- 0.3 cup lite ranch dressing kraft

### Equipment

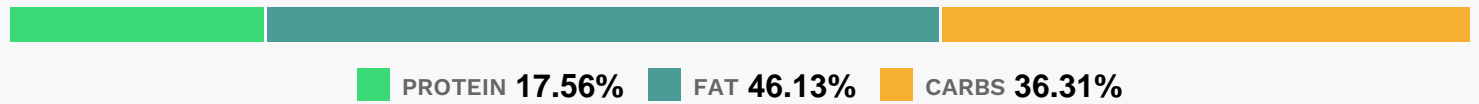
- bowl

- oven
- muffin liners

## Directions

- Preheat oven to 350F. Prepare rice as directed on package, substituting chicken broth for the water.
- Place cooked rice in large bowl; cool slightly.
- Stir in remaining ingredients until well blended. Spoon mixture evenly into 8 greased medium muffin cups.
- Bake 25 min. or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:4, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:6.8369566150334%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

## Nutrients (% of daily need)

Calories: 119.28kcal (5.96%), Fat: 6.08g (9.35%), Saturated Fat: 1.85g (11.53%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 10.13g (3.68%), Sugar: 0.83g (0.92%), Cholesterol: 48.84mg (16.28%), Sodium: 263.54mg (11.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.42%), Vitamin K: 27.07µg (25.78%), Vitamin C: 14.72mg (17.84%), Selenium: 10.02µg (14.31%), Folate: 46.55µg (11.64%), Phosphorus: 105.64mg (10.56%), Calcium: 92.5mg (9.25%), Vitamin B1: 0.12mg (8.03%), Manganese: 0.15mg (7.54%), Vitamin B2: 0.11mg (6.67%), Iron: 1.07mg (5.96%), Vitamin B3: 1.04mg (5.19%), Zinc: 0.64mg (4.26%), Vitamin A: 209.94IU (4.2%), Vitamin B5: 0.41mg (4.11%), Vitamin B12: 0.24µg (4.07%), Vitamin B6: 0.07mg (3.67%), Vitamin E: 0.43mg (2.85%), Potassium: 91.38mg (2.61%), Fiber: 0.63g (2.53%), Magnesium: 9.1mg (2.27%), Copper: 0.04mg (2.21%), Vitamin D: 0.26µg (1.7%)