



Broccoli and Orzo Casserole

READY IN



65 min.

SERVINGS



6

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 12 ounces broccoli florets
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 1.5 cups havarti cheese shredded
- ☐ 6 servings kosher salt
- ☐ 0.5 cup onion diced
- ☐ 1 cup orzo pasta dry
- ☐ 0.5 cup panko bread crumbs

- ☐ 3 tablespoons parmesan grated
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 3 tablespoons butter unsalted melted for greasing dish
- ☐ 2.5 cups milk whole

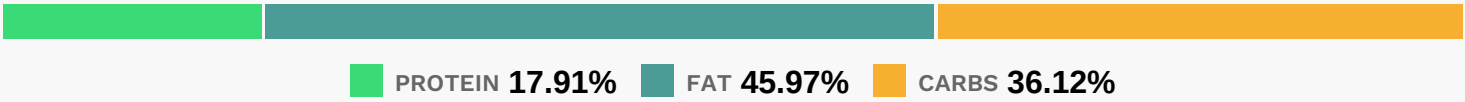
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 375 degrees F. Butter a 2-quart casserole dish.
- ☐ Bring a large pot of generously salted water to a boil.
- ☐ Add the orzo, stir and cook for 5 minutes.
- ☐ Add the broccoli florets and cook until bright green, about 1 minute. Strain and set aside.
- ☐ Heat a large pot or Dutch oven over medium heat.
- ☐ Add the butter and flour, whisk together and cook for about 1 minute.
- ☐ Add the onions and garlic and cook, stirring, until the onions have softened, about 5 minutes.
- ☐ Whisk in the milk, bring the sauce to a low boil, reduce to a simmer and simmer gently for about 5 minutes. Turn off the heat and add 1 cup of the Havarti, sour cream, 2 tablespoons of the Parmesan, 1 teaspoon salt and pepper to taste. Gently fold in the broccoli and orzo.
- ☐ Transfer the mixture to the buttered casserole dish.
- ☐ Sprinkle with the remaining 1/2 cup Havarti and 1 tablespoon Parmesan. Toss the bread crumbs with the remaining 1 tablespoon melted butter in a small bowl. Season with salt and spread evenly over the casserole.
- ☐ Bake until brown and bubbly, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:11.82, Inflammation Score:-8, Nutrition Score:20.003913112309%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 384.33kcal (19.22%), Fat: 19.91g (30.62%), Saturated Fat: 11.96g (74.74%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 32.35g (11.77%), Sugar: 7.77g (8.63%), Cholesterol: 59.46mg (19.82%), Sodium: 547.09mg (23.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.45g (34.9%), Vitamin C: 52.1mg (63.15%), Vitamin K: 59.41µg (56.58%), Calcium: 384.35mg (38.43%), Phosphorus: 379.9mg (37.99%), Selenium: 24.86µg (35.51%), Manganese: 0.48mg (24.05%), Vitamin B2: 0.38mg (22.3%), Vitamin A: 997.02IU (19.94%), Folate: 70.64µg (17.66%), Vitamin B12: 1.02µg (16.97%), Zinc: 2.36mg (15.76%), Vitamin B1: 0.21mg (14.22%), Vitamin B6: 0.26mg (13.22%), Potassium: 459.65mg (13.13%), Magnesium: 51.61mg (12.9%), Fiber: 2.84g (11.36%), Vitamin B5: 1.02mg (10.21%), Vitamin D: 1.31µg (8.74%), Copper: 0.16mg (7.75%), Vitamin B3: 1.44mg (7.22%), Iron: 1.23mg (6.81%), Vitamin E: 0.93mg (6.19%)