



Broccoli and Rice Casseroles

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 cups broccoli florets
- 0.3 cup celery chopped
- 2 cups chicken breast shredded boneless skinless
- 0.3 cup bell pepper green chopped
- 2 cups milk 1% low-fat
- 0.3 cup onion chopped
- 1 ounce parmesan cheese grated

- 2 ounces processed cheese food light cubed
- 3.5 ounce rice long-grain
- 0.3 teaspoon salt
- 1 cup water

Equipment

- frying pan
- sauce pan
- oven
- ramekin
- dutch oven

Directions

- Preheat oven to 37
- Combine milk and water in a medium saucepan; bring to a boil.
- Add rice; cook 10 minutes.
- Remove rice; keep warm. Return milk mixture to a simmer.
- Add broccoli; cook 5 minutes.
- Drain; discard milk mixture.
- Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add onion, celery, and bell pepper; saut 5 minutes.
- Add cream cheese and processed cheese, stirring until cheese melts.
- Remove from heat; stir in rice, broccoli, chicken, salt, and black pepper. Spoon 1 cup rice mixture into each of 4 (10-ounce) ramekins coated with cooking spray.
- Sprinkle each serving with 1 tablespoon Parmesan.
- Bake at 375 for 10 minutes or until cheese melts.

Nutrition Facts



■ PROTEIN **33.57%** ■ FAT **26.47%** ■ CARBS **39.96%**

Properties

Glycemic Index:55.3, Glycemic Load:13.32, Inflammation Score:-8, Nutrition Score:27.117391565572%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 5.46mg, Kaempferol: 5.46mg, Kaempferol: 5.46mg, Kaempferol: 5.46mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 341.72kcal (17.09%), Fat: 10.02g (15.42%), Saturated Fat: 4.89g (30.59%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 31.34g (11.4%), Sugar: 8.35g (9.27%), Cholesterol: 74.24mg (24.75%), Sodium: 673.64mg (29.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.6g (57.19%), Vitamin C: 73.01mg (88.5%), Vitamin K: 74.04µg (70.51%), Selenium: 37.38µg (53.4%), Phosphorus: 496.97mg (49.7%), Vitamin B3: 8.91mg (44.54%), Vitamin B6: 0.86mg (42.82%), Calcium: 412.33mg (41.23%), Manganese: 0.5mg (24.86%), Vitamin B2: 0.4mg (23.64%), Potassium: 805.84mg (23.02%), Vitamin B5: 2.27mg (22.69%), Vitamin B12: 1.18µg (19.64%), Vitamin A: 958.92IU (19.18%), Magnesium: 64.67mg (16.17%), Zinc: 2.21mg (14.73%), Folate: 58.73µg (14.68%), Vitamin B1: 0.2mg (13.35%), Fiber: 2.7g (10.8%), Vitamin D: 1.49µg (9.96%), Copper: 0.15mg (7.32%), Iron: 1.2mg (6.64%), Vitamin E: 0.95mg (6.32%)