



## Broccoli and Three-Cheese Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black
- 4 cups broccoli florets coarsely chopped (1 bunch)
- 1 ounce cheddar cheese shredded reduced-fat
- 2 cups rice white cooked
- 0.8 cup egg substitute
- 3 egg whites
- 2 ounces fontina shredded
- 0.5 teaspoon herbs de provence dried
- 0.8 cup milk 1% low-fat

- 1 cup onion finely chopped
- 1.5 ounces parmesan cheese divided freshly grated
- 0.8 teaspoon salt divided
- 2 ounce sandwich bread white firm

## Equipment

- food processor
- bowl
- frying pan
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 400
- Combine the rice, 1/4 cup Parmesan cheese, 1/4 teaspoon salt, fines herbes, and egg whites. Press mixture into an 11 x 7-inch baking dish coated with cooking spray.
- Sprinkle fontina evenly over rice mixture. Set aside.
- Cook broccoli in boiling water for 4 minutes or until tender; drain well.
- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add onion; cook 4 minutes or until tender, stirring occasionally. Stir in broccoli. Spoon broccoli mixture evenly over rice mixture. Top with shredded cheddar cheese.
- Combine egg substitute, milk, remaining 1/2 teaspoon salt, and pepper in a small bowl; stir well with a whisk.
- Pour egg mixture over broccoli mixture.
- Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 1/4 cups.
- Combine breadcrumbs and the remaining 2 tablespoons Parmesan cheese.
- Sprinkle breadcrumb mixture evenly over broccoli.
- Bake at 400 for 23 minutes or until set.

# Nutrition Facts

PROTEIN 25.07% FAT 27.46% CARBS 47.47%

## Properties

Glycemic Index:54.8, Glycemic Load:20.67, Inflammation Score:-7, Nutrition Score:18.553043614263%

## Flavonoids

Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 4.93mg, Kaempferol: 4.93mg, Kaempferol: 4.93mg, Kaempferol: 4.93mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

## Nutrients (% of daily need)

Calories: 246.47kcal (12.32%), Fat: 7.58g (11.67%), Saturated Fat: 4.19g (26.18%), Carbohydrates: 29.49g (9.83%), Net Carbohydrates: 26.98g (9.81%), Sugar: 5.03g (5.59%), Cholesterol: 23.33mg (7.78%), Sodium: 684.07mg (29.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.16%), Vitamin C: 56.28mg (68.22%), Vitamin K: 64.14µg (61.09%), Selenium: 29µg (41.43%), Calcium: 270.13mg (27.01%), Manganese: 0.5mg (24.82%), Phosphorus: 234.9mg (23.49%), Vitamin B2: 0.4mg (23.28%), Folate: 63.57µg (15.89%), Vitamin A: 702.45IU (14.05%), Vitamin B6: 0.27mg (13.59%), Vitamin B5: 1.35mg (13.54%), Zinc: 1.88mg (12.52%), Potassium: 419.96mg (12%), Vitamin B1: 0.17mg (11.53%), Fiber: 2.51g (10.04%), Vitamin B12: 0.6µg (10%), Magnesium: 39.38mg (9.85%), Iron: 1.7mg (9.46%), Vitamin E: 1.11mg (7.38%), Vitamin D: 0.93µg (6.17%), Vitamin B3: 1.2mg (5.99%), Copper: 0.11mg (5.37%)