



Broccoli Casserole



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 20 ounce broccoli frozen thawed chopped
- ☐ 0.5 cup mushrooms canned drained sliced
- ☐ 1 cup rice long-grain cooked
- ☐ 4 teaspoons butter reduced-calorie
- ☐ 0.5 cup onion diced
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 0.3 cup skim milk

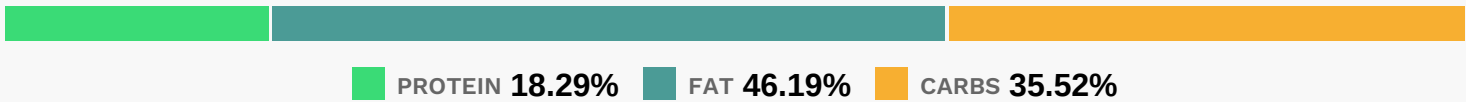
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine the first 7 ingredients in a medium saucepan; cook over low heat 4 minutes or until cheese melts, stirring constantly.
- ☐ Add the broccoli, and cook 2 minutes or until thoroughly heated, stirring frequently.
- ☐ Spoon mixture into a 2-quart casserole coated with cooking spray.
- ☐ Bake at 350 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:45.65, Glycemic Load:11.71, Inflammation Score:-8, Nutrition Score:19.913043384967%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 8.99mg, Kaempferol: 8.99mg, Kaempferol: 8.99mg, Kaempferol: 8.99mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 215.39kcal (10.77%), Fat: 11.51g (17.71%), Saturated Fat: 5.19g (32.47%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 16.19g (5.89%), Sugar: 3.68g (4.09%), Cholesterol: 23.05mg (7.68%), Sodium: 412.02mg (17.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.26g (20.51%), Vitamin C: 102.34mg (124.05%), Vitamin K: 116.27µg (110.74%), Calcium: 239.64mg (23.96%), Phosphorus: 221.27mg (22.13%), Vitamin A: 1102.11IU (22.04%), Manganese: 0.42mg (21.21%), Folate: 82.35µg (20.59%), Selenium: 12.59µg (17.98%), Vitamin B2: 0.26mg (15.41%), Fiber: 3.72g (14.88%), Vitamin B6: 0.28mg (13.98%), Potassium: 452.51mg (12.93%), Zinc: 1.65mg (10.98%), Vitamin B5: 1.06mg (10.6%), Magnesium: 39.26mg (9.82%), Vitamin B1: 0.12mg (8.09%), Vitamin E: 1.2mg (7.97%), Copper: 0.13mg (6.4%), Iron: 1.09mg (6.03%), Vitamin B3: 1.15mg (5.73%), Vitamin B12: 0.32µg (5.26%), Vitamin D: 0.3µg (2.01%)