

Broccoli Casserole

 **Gluten Free**

READY IN



45 min.

SERVINGS



12

CALORIES



272 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 ounce broccoli frozen chopped
- 0.3 cup butter
- 21.5 ounce cream of mushroom soup canned
- 12 servings pepper black to taste
- 2 cups rice instant
- 16 ounce nacho cheese dip
- 0.8 cup onion chopped
- 12 servings salt to taste

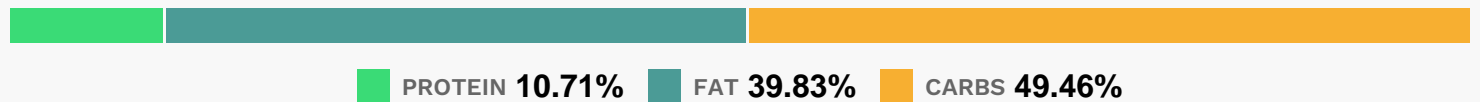
Equipment

oven

Directions

- Cook rice as directed on box.
- Saute onions in margarine until done.
- Cook broccoli as directed on package and drain.
- Mix together broccoli, soup, rice, onion, butter or margarine, and cheese. Season with salt and pepper to taste.
- Place in a 9 by 13 inch oven proof dish.
- Bake for 30 to 40 minutes at 350 degrees F (175 degrees C).

Nutrition Facts



Properties

Glycemic Index:16.85, Glycemic Load:15.67, Inflammation Score:-6, Nutrition Score:11.104347685109%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg, Kaempferol: 3.77mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 271.84kcal (13.59%), Fat: 12.21g (18.79%), Saturated Fat: 4.67g (29.17%), Carbohydrates: 34.11g (11.37%), Net Carbohydrates: 32.19g (11.7%), Sugar: 2.78g (3.09%), Cholesterol: 16.11mg (5.37%), Sodium: 912.21mg (39.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.78%), Vitamin C: 42.89mg (51.98%), Vitamin K: 48.76µg (46.44%), Manganese: 0.61mg (30.66%), Vitamin A: 615.9IU (12.32%), Copper: 0.2mg (9.9%), Folate: 37.85µg (9.46%), Phosphorus: 85.57mg (8.56%), Selenium: 5.94µg (8.49%), Vitamin B6: 0.17mg (8.3%), Fiber: 1.93g (7.7%), Potassium: 265.87mg (7.6%), Zinc: 1.11mg (7.41%), Vitamin B5: 0.7mg (6.99%), Calcium: 63.86mg (6.39%), Vitamin B3: 1.27mg (6.34%), Vitamin B2: 0.11mg (6.2%), Magnesium: 22.46mg (5.61%), Iron: 0.98mg (5.45%), Vitamin B1: 0.07mg (4.68%), Vitamin E: 0.52mg (3.43%), Vitamin B12: 0.09µg (1.49%)