



Broccoli Cauliflower Pie

 Gluten Free

READY IN



50 min.

SERVINGS



7

CALORIES



481 kcal

Ingredients

- 2 bunches broccoli
- 2 tablespoons butter
- 15 ounce peas canned
- 1 large cauliflower
- 12 ounce cheese whiz
- 0.5 teaspoon garlic powder
- 2 cups rice uncooked
- 0.5 teaspoon salt
- 5 cups water

Equipment

Nutrition Facts



Properties

Glycemic Index:25.74, Glycemic Load:28.83, Inflammation Score:-10, Nutrition Score:32.623043478261%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Kaempferol: 14.05mg, Kaempferol: 14.05mg, Kaempferol: 14.05mg, Kaempferol: 14.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 480.75kcal (24.04%), Fat: 15.07g (23.19%), Saturated Fat: 8.92g (55.78%), Carbohydrates: 70.83g (23.61%), Net Carbohydrates: 61.05g (22.2%), Sugar: 10.52g (11.68%), Cholesterol: 45.05mg (15.02%), Sodium: 1204.81mg (52.38%), Protein: 18.7g (37.4%), Vitamin C: 217.73mg (263.91%), Vitamin K: 208.7µg (198.76%), Phosphorus: 660.07mg (66.01%), Manganese: 1.26mg (62.83%), Folate: 196.87µg (49.22%), Vitamin A: 2426.46IU (48.53%), Fiber: 9.77g (39.09%), Potassium: 1153.11mg (32.95%), Vitamin B6: 0.65mg (32.73%), Calcium: 315.77mg (31.58%), Vitamin B2: 0.43mg (25.53%), Vitamin B5: 2.39mg (23.93%), Magnesium: 81.18mg (20.29%), Selenium: 13.93µg (19.89%), Zinc: 2.87mg (19.16%), Vitamin B1: 0.27mg (17.88%), Iron: 3.09mg (17.14%), Copper: 0.34mg (16.83%), Vitamin B3: 3.17mg (15.86%), Vitamin E: 1.62mg (10.77%)