



## Broccoli, Cheese, and Rice Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



218 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 20 ounce broccoli frozen thawed drained chopped
- ☐ 10.8 ounce condensed undiluted reduced-fat reduced-sodium canned
- ☐ 0.3 cup milk fat-free
- ☐ 1 cup rice instant uncooked
- ☐ 0.5 cup onion chopped
- ☐ 4 ounces processed cheese light cubed (such as Velveeta )
- ☐ 2 tablespoons stick margarine softened

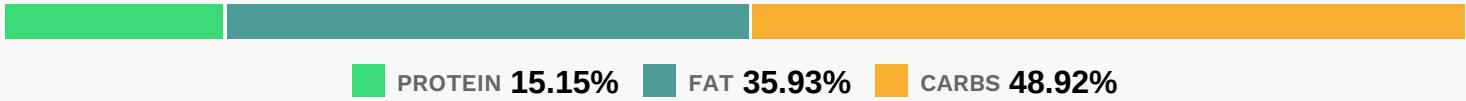
## Equipment

- ☐ bowl
- ☐ oven

## Directions

- ☐ Preheat oven to 35
- ☐ Combine all ingredients in a large bowl, and spoon into a 2-quart casserole.
- ☐ Bake at 350 for 45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:22.55, Glycemic Load:12.52, Inflammation Score:-7, Nutrition Score:15.385217495587%

## Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg, Kaempferol: 5.62mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

## Nutrients (% of daily need)

Calories: 217.51kcal (10.88%), Fat: 8.83g (13.58%), Saturated Fat: 3.76g (23.53%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 24.65g (8.96%), Sugar: 2.36g (2.63%), Cholesterol: 16.31mg (5.44%), Sodium: 569.9mg (24.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.75%), Vitamin C: 63.97mg (77.54%), Vitamin K: 72.72µg (69.26%), Manganese: 0.53mg (26.68%), Calcium: 202.95mg (20.3%), Phosphorus: 187.22mg (18.72%), Vitamin A: 723.54IU (14.47%), Folate: 52.39µg (13.1%), Selenium: 8.33µg (11.9%), Vitamin B6: 0.2mg (10.08%), Potassium: 346.2mg (9.89%), Vitamin B2: 0.16mg (9.67%), Fiber: 2.39g (9.56%), Zinc: 1.37mg (9.11%), Copper: 0.17mg (8.62%), Vitamin B5: 0.81mg (8.13%), Magnesium: 29.05mg (7.26%), Iron: 1.08mg (6%), Vitamin B3: 1.2mg (5.99%), Vitamin B1: 0.09mg (5.7%), Vitamin E: 0.81mg (5.39%), Vitamin B12: 0.32µg (5.36%), Vitamin D: 0.17µg (1.13%)