



Broccoli, Rice, and Cheese Bake

 Vegetarian

READY IN



29 min.

SERVINGS



8

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce broccoli frozen thawed drained chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.3 cups milk low-fat
- ☐ 2 ounce pimientos diced drained
- ☐ 6 ounces process cheese product light cut into 1-inch cubes velveeta
- ☐ 0.3 teaspoon salt
- ☐ 1 regular-size bag boil-in-bag rice uncooked

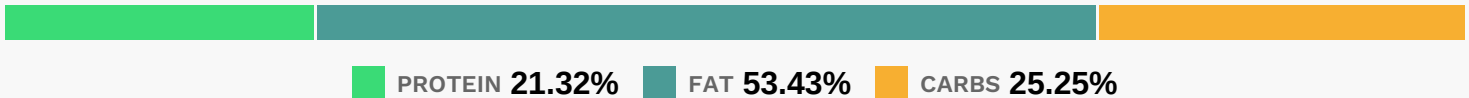
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ While rice cooks, place flour in a small, heavy saucepan. Gradually add milk, stirring with a wire whisk. Cook over medium heat, stirring constantly, 8 minutes or until thickened and bubbly.
- ☐ Add cheese, stirring until cheese melts.
- ☐ Remove from heat, and stir in pimiento, salt, and pepper.
- ☐ Combine cheese mixture, broccoli, and rice in a large bowl, stirring well. Spoon into a 1 1/2-quart casserole. Cover with heavy-duty plastic wrap, and vent. Microwave at HIGH 5 minutes.
- ☐ Let stand, covered, 10 minutes.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:2.35, Inflammation Score:-6, Nutrition Score:10.466521657032%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 120.17kcal (6.01%), Fat: 7.32g (11.27%), Saturated Fat: 4.11g (25.7%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 6.62g (2.41%), Sugar: 3.28g (3.64%), Cholesterol: 23.23mg (7.74%), Sodium: 456.27mg (19.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.15%), Vitamin C: 39mg (47.28%), Vitamin K: 37.49µg

(35.71%), Calcium: 289.41mg (28.94%), Phosphorus: 204.81mg (20.48%), Vitamin A: 699.97IU (14%), Selenium: 6.98µg (9.97%), Vitamin B2: 0.17mg (9.74%), Vitamin B12: 0.56µg (9.31%), Folate: 30.49µg (7.62%), Potassium: 219.92mg (6.28%), Vitamin B6: 0.12mg (5.89%), Zinc: 0.88mg (5.87%), Manganese: 0.11mg (5.54%), Vitamin B1: 0.07mg (4.96%), Magnesium: 18.85mg (4.71%), Fiber: 1.17g (4.68%), Vitamin B5: 0.44mg (4.44%), Iron: 0.67mg (3.73%), Vitamin D: 0.56µg (3.73%), Vitamin E: 0.52mg (3.5%), Vitamin B3: 0.51mg (2.55%), Copper: 0.04mg (1.8%)