



## Broccoli Rice Casserole

 Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



34 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup unseasoned bread cubes whole wheat
- 10 oz broccoli frozen cooked drained chopped well
- 2 Tbsp butter divided
- 1 cup cheez whiz cheese dip
- 10 oz cream of mushroom soup canned
- 2 cups rice long-grain white cooked
- 0.5 cup onions chopped

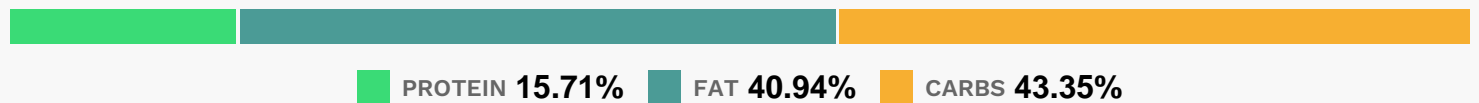
## Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 350F.
- Melt 1 Tbsp. butter in large skillet on medium heat.
- Add onions; cook and stir 3 to 5 min. or until crisp-tender.
- Add rice, soup, broccoli and CHEEZ WHIZ; mix lightly.
- Spoon into 1-1/2-qt. casserole sprayed with cooking spray. Melt remaining butter.
- Add to bread cubes in medium bowl; mix lightly.
- Sprinkle over casserole.
- Bake 30 to 35 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:4.32, Glycemic Load:2.39, Inflammation Score:-1, Nutrition Score:1.7508695747541%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 33.94kcal (1.7%), Fat: 1.55g (2.38%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 3.36g (1.22%), Sugar: 0.54g (0.59%), Cholesterol: 3.48mg (1.16%), Sodium: 123.3mg (5.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin C: 4.72mg (5.73%), Vitamin K: 5.43µg (5.17%), Manganese: 0.1mg (5.06%), Phosphorus: 47.14mg (4.71%), Calcium: 22.64mg (2.26%), Selenium: 1.12µg (1.6%), Vitamin A: 78.33IU (1.57%), Zinc: 0.22mg (1.45%), Vitamin B2: 0.02mg (1.43%), Fiber: 0.33g (1.34%), Folate: 4.97µg (1.24%), Potassium: 42.83mg (1.22%), Vitamin B6: 0.02mg (1.14%), Copper: 0.02mg (1.11%)