



 3%  
HEALTH SCORE

## Broccoli Rice Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



320 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 16 ounce broccoli frozen chopped
- 0.5 cup butter
- 10.8 ounce cream of chicken soup fat free 98% canned (Regular or )
- 0.3 cup milk
- 8 fl. oz. nacho cheese dip cheez whiz® (like )
- 1 large onion chopped
- 1.5 cups rice long-grain white cooked
- 1.5 cups rice long-grain white cooked

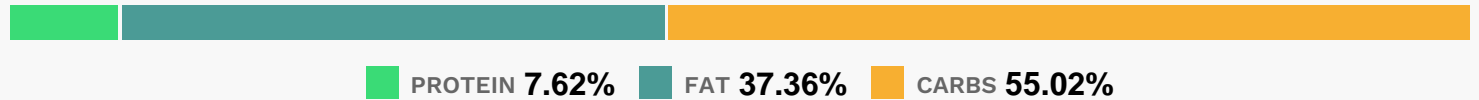
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat the butter in a 10-inch skillet over medium heat.
- Add the onion and cook until tender-crisp, stirring occasionally.
- Stir the broccoli in the skillet and cook until it's tender-crisp, stirring occasionally. Stir in the milk, soup, cheese sauce and rice. Cook and stir until the cheese is melted.
- Pour the broccoli mixture into a 2-quart shallow baking dish.
- Bake at 350 degrees F. for 30 minutes or until the mixture is hot and bubbling.

## Nutrition Facts



## Properties

Glycemic Index:26.03, Glycemic Load:23.91, Inflammation Score:-6, Nutrition Score:10.239565201428%

## Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

## Nutrients (% of daily need)

Calories: 320.04kcal (16%), Fat: 13.34g (20.52%), Saturated Fat: 6.34g (39.62%), Carbohydrates: 44.19g (14.73%), Net Carbohydrates: 42.4g (15.42%), Sugar: 2.49g (2.76%), Cholesterol: 24.95mg (8.32%), Sodium: 418.81mg (18.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Vitamin C: 34.67mg (42.02%), Vitamin K: 40.38µg (38.45%), Manganese: 0.62mg (30.81%), Vitamin A: 634.97IU (12.7%), Selenium: 8.7µg (12.42%), Phosphorus: 98.75mg (9.87%), Vitamin B6: 0.16mg (8.07%), Copper: 0.16mg (7.89%), Vitamin B5: 0.79mg (7.85%), Folate: 30.68µg (7.67%), Fiber: 1.8g (7.19%), Calcium: 61.83mg (6.18%), Potassium: 215.76mg (6.16%), Magnesium: 22.77mg (5.69%), Vitamin B2: 0.09mg (5.56%), Vitamin B3: 1.11mg (5.53%), Zinc: 0.79mg (5.27%), Iron: 0.94mg

(5.24%), Vitamin B1: 0.07mg (4.84%), Vitamin E: 0.71mg (4.72%)