



Broccoli Rice Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 ounces broccoli frozen chopped
- ☐ 0.5 cup butter (1 stick)
- ☐ 10.8 ounces cream of chicken soup fat free 98% canned (Regular or)
- ☐ 0.3 cup milk
- ☐ 8 ounces nacho cheese dip (like Cheez Whiz)
- ☐ 1 cup onion chopped
- ☐ 1.5 cups rice long-grain white cooked

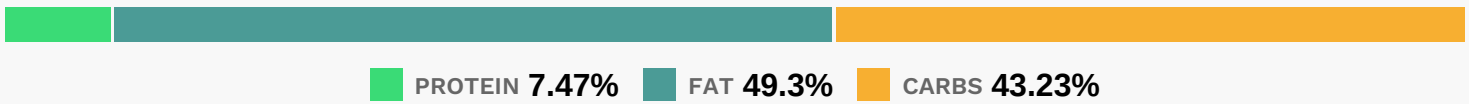
Equipment

- ☐ 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°F. for 30 minutes or until the mixture is hot and bubbling.

Nutrition Facts



Properties

Glycemic Index:20.93, Glycemic Load:12.8, Inflammation Score:-6, Nutrition Score:8.6017390800559%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.05mg, Kaempferol: 3.05mg, Kaempferol: 3.05mg, Kaempferol: 3.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 234.37kcal (11.72%), Fat: 13.04g (20.06%), Saturated Fat: 6.26g (39.16%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 24.22g (8.81%), Sugar: 2.46g (2.73%), Cholesterol: 24.88mg (8.29%), Sodium: 411.01mg (17.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Vitamin C: 34.73mg (42.1%), Vitamin K: 40.36µg (38.43%), Manganese: 0.37mg (18.29%), Vitamin A: 630.62IU (12.61%), Selenium: 5.21µg (7.44%), Folate: 28.99µg (7.25%), Phosphorus: 72.4mg (7.24%), Vitamin B6: 0.12mg (6.22%), Fiber: 1.51g (6.04%), Vitamin B5: 0.55mg (5.52%), Calcium: 54.96mg (5.5%), Potassium: 190.39mg (5.44%), Copper: 0.11mg (5.36%), Vitamin B2: 0.08mg (4.91%), Vitamin E: 0.68mg (4.55%), Magnesium: 17.07mg (4.27%), Iron: 0.76mg (4.22%), Vitamin B1: 0.06mg (3.78%), Vitamin B3: 0.74mg (3.69%), Zinc: 0.54mg (3.6%)