



Cheesy Broccoli and Brown Rice Patties

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 10 oz broccoli frozen
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.3 teaspoon hot sauce red
- ☐ 2 cups brown rice cooked
- ☐ 0.5 cup tomatoes

Equipment

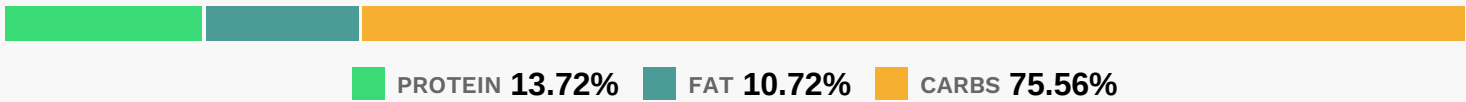
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ kitchen scissors

Directions

- ☐ Heat oven to 400°F. Line cookie sheet with foil; spray with cooking spray.
- ☐ Cook broccoli as directed on box; pour into medium bowl. With kitchen scissors, cut broccoli into 1/4- to 1/2-inch pieces.
- ☐ Add Parmesan cheese, garlic salt and pepper sauce; mix well. Stir in rice. Shape mixture into 4 patties, about 1/2 inch thick.
- ☐ Place on foil-lined cookie sheet.
- ☐ Bake 15 minutes; turn.
- ☐ Bake 15 minutes longer or until light golden brown.
- ☐ Meanwhile, heat marinara sauce.
- ☐ Serve with patties.

Nutrition Facts



Properties

Glycemic Index:32.3, Glycemic Load:12.49, Inflammation Score:-7, Nutrition Score:16.833912813793%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 151.2kcal (7.56%), Fat: 1.86g (2.87%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 29.57g (9.86%), Net Carbohydrates: 25.51g (9.28%), Sugar: 2.3g (2.56%), Cholesterol: 2.17mg (0.73%), Sodium: 510.57mg (22.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Vitamin C: 65.55mg (79.45%), Vitamin K: 73.2µg (69.71%), Manganese: 1.25mg (62.71%), Fiber: 4.06g (16.23%), Magnesium: 63.27mg (15.82%), Vitamin B6: 0.3mg

(15.09%), Phosphorus: 146mg (14.6%), Folate: 51.47µg (12.87%), Vitamin A: 596.18IU (11.92%), Potassium: 396.96mg (11.34%), Vitamin B1: 0.16mg (10.53%), Vitamin B3: 2.06mg (10.28%), Vitamin B5: 0.89mg (8.91%), Copper: 0.15mg (7.51%), Iron: 1.34mg (7.46%), Vitamin B2: 0.12mg (7.26%), Zinc: 1.07mg (7.14%), Calcium: 69.65mg (6.96%), Vitamin E: 1.01mg (6.71%), Selenium: 2.83µg (4.04%)