



Cheesy Broccoli Rice Bake

READY IN



50 min.

SERVINGS



8

CALORIES



215 kcal

SIDE DISH

Ingredients

- 1 cup rice long-grain white uncooked
- 2 cups water
- 1 tablespoon butter
- 1 cup onion chopped
- 1 loaf cheese cut into cubes (16 oz. box)
- 10.8 oz cream of mushroom soup canned
- 0.7 cup milk
- 0.3 teaspoon pepper
- 2 cups broccoli florets fresh ()

1 cup breadcrumbs soft fine ()

1 tablespoon butter melted

Equipment

bowl

frying pan

oven

baking pan

glass baking pan

Directions

Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cook rice in water as directed on package.

Meanwhile, in 10-inch skillet, melt 1 tablespoon butter over medium-high heat.

Add onion; cook, stirring occasionally, until crisp-tender. Reduce heat to medium. Stir in cheese, soup, milk and pepper. Cook, stirring frequently, until cheese is melted.

Stir in broccoli and rice. Spoon into baking dish. In small bowl, mix bread crumbs and 1 tablespoon melted butter; sprinkle over rice mixture.

Bake uncovered 30 to 35 minutes or until light brown on top and bubbly around edges.

Nutrition Facts



PROTEIN 12.7% **FAT 22.69%** **CARBS 64.61%**

Properties

Glycemic Index:27.15, Glycemic Load:12.2, Inflammation Score:-5, Nutrition Score:9.5291304380997%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 214.74kcal (10.74%), Fat: 5.4g (8.31%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 32.66g (11.88%), Sugar: 3.08g (3.42%), Cholesterol: 4.47mg (1.49%), Sodium: 422.89mg (18.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Manganese: 0.57mg (28.62%), Vitamin C: 21.78mg (26.4%), Vitamin K: 24.37µg (23.21%), Vitamin B1: 0.19mg (12.77%), Selenium: 7.99µg (11.41%), Phosphorus: 102.74mg (10.27%), Copper: 0.19mg (9.55%), Folate: 37.17µg (9.29%), Vitamin B3: 1.8mg (9%), Vitamin B2: 0.15mg (8.86%), Fiber: 1.93g (7.73%), Calcium: 76.99mg (7.7%), Iron: 1.32mg (7.32%), Vitamin B6: 0.15mg (7.31%), Zinc: 1.09mg (7.26%), Potassium: 235.04mg (6.72%), Vitamin B5: 0.62mg (6.17%), Magnesium: 24.31mg (6.08%), Vitamin A: 301.86IU (6.04%), Vitamin B12: 0.22µg (3.71%), Vitamin E: 0.34mg (2.25%), Vitamin D: 0.22µg (1.5%)