



## Cheesy Broccoli Rice Casserole

 **Gluten Free**  **Dairy Free**

READY IN



**25 min.**

SERVINGS



**8**

CALORIES



**239 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 10 ounce broccoli frozen thawed chopped
- 0.5 cup celery chopped
- 10.8 ounce cream of chicken soup canned
- 1 cup rice wild cooked
- 2.8 ounce french-fried onions canned
- 8 servings ground pepper black to taste
- 1 dash hot sauce
- 0.5 cup onion chopped

8 ounce processed cheese cubed

## Equipment

casserole dish

microwave

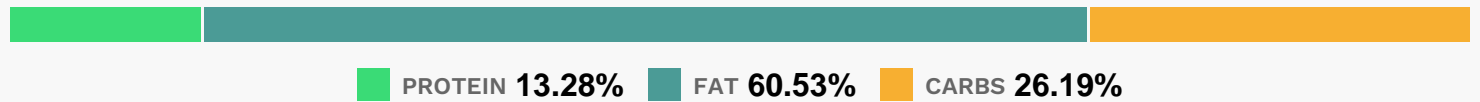
## Directions

Place cheese in a 2-quart microwave-safe casserole dish; cook in microwave until mostly melted, 1 to 2 minutes. Stir in chicken soup, wild rice, broccoli, chopped onion, celery, hot sauce, and black pepper.

Microwave until fully cooked and bubbling, 12 to 14 minutes, rotating halfway through cooking.

Sprinkle French-fried onions over casserole; cook for 1 more minute.

## Nutrition Facts



## Properties

Glycemic Index:24.13, Glycemic Load:2.16, Inflammation Score:-6, Nutrition Score:11.041739033616%

## Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

## Nutrients (% of daily need)

Calories: 239.37kcal (11.97%), Fat: 16.26g (25.01%), Saturated Fat: 7.89g (49.3%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 14.24g (5.18%), Sugar: 2.1g (2.34%), Cholesterol: 31.4mg (10.47%), Sodium: 841.91mg (36.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.06%), Vitamin C: 32.59mg (39.51%), Vitamin K: 40.6µg (38.67%), Calcium: 324.13mg (32.41%), Phosphorus: 238.3mg (23.83%), Vitamin A: 587.73IU (11.75%), Selenium: 7.58µg (10.83%), Manganese: 0.2mg (10.1%), Vitamin B2: 0.15mg (8.8%), Folate: 34.88µg (8.72%), Zinc: 1.26mg (8.42%), Vitamin B12: 0.43µg (7.09%), Fiber: 1.59g (6.35%), Potassium: 221.13mg (6.32%), Magnesium: 24.76mg (6.19%), Vitamin B6: 0.12mg (6.1%), Iron: 1.01mg (5.6%), Copper: 0.11mg (5.57%), Vitamin E: 0.78mg (5.19%), Vitamin B5: 0.45mg (4.51%), Vitamin B3: 0.69mg (3.47%), Vitamin B1: 0.05mg (3.4%), Vitamin D: 0.17µg (1.13%)