



Cheesy Egg and Rice Bake

 Vegetarian

READY IN



80 min.

SERVINGS



6

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 1 cup broccoli frozen chopped
- ☐ 1 cup curd cottage cheese
- ☐ 2 tablespoons breadcrumbs dry (any flavor)
- ☐ 2 eggs beaten
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 3 ounces mushrooms fresh sliced
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 0.7 cup rice long-grain uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1 ounce cheddar cheese shredded
- ☐ 3 ounces cheddar cheese shredded
- ☐ 1.3 cups water

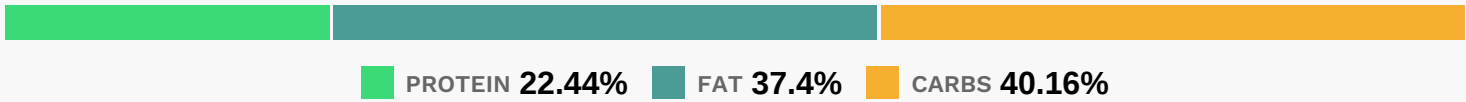
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 325F. Lightly grease quiche dish, 9x1 1/2 inches.
- ☐ Mix mushrooms, onion, rice and water in 3-quart saucepan.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 20 minutes, stirring occasionally, until rice is tender. Stir in broccoli and cottage cheese. Stir in remaining ingredients except 1/4 cup Cheddar cheese. Spoon into quiche dish.
- ☐ Bake uncovered 40 minutes.
- ☐ Sprinkle with 1/4 cup Cheddar cheese.
- ☐ Bake 10 to 15 minutes or until center is hot.
- ☐ Let stand 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:44.2, Glycemic Load:10.91, Inflammation Score:-5, Nutrition Score:11.366956565691%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.18mg

Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 235.78kcal (11.79%), Fat: 9.78g (15.05%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 22.2g (8.07%), Sugar: 2.39g (2.66%), Cholesterol: 79.41mg (26.47%), Sodium: 483.13mg (21.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.41%), Selenium: 18.97µg (27.09%), Vitamin K: 27.32µg (26.02%), Phosphorus: 228.08mg (22.81%), Calcium: 210.12mg (21.01%), Manganese: 0.39mg (19.6%), Vitamin B2: 0.32mg (18.64%), Vitamin C: 14.37mg (17.42%), Vitamin B5: 1.04mg (10.44%), Zinc: 1.51mg (10.04%), Folate: 36.54µg (9.13%), Vitamin B12: 0.5µg (8.31%), Vitamin A: 414.63IU (8.29%), Copper: 0.16mg (8.09%), Iron: 1.45mg (8.06%), Vitamin B6: 0.16mg (7.87%), Magnesium: 27.34mg (6.83%), Potassium: 230.93mg (6.6%), Vitamin B1: 0.1mg (6.4%), Vitamin B3: 1.26mg (6.3%), Fiber: 1.44g (5.76%), Vitamin E: 0.54mg (3.6%), Vitamin D: 0.47µg (3.13%)