



Cheesy Mushroom and Broccoli Casserole

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



379 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 pound baby bella mushrooms sliced
- 10 ounce broccoli frozen thawed drained chopped
- 0.5 teaspoon cayenne pepper
- 2 cups cheddar-monterey blend shredded
- 0.5 cup chicken stock see
- 3 cups rice cooked
- 2 tablespoons flour all-purpose
- 2 cloves garlic finely chopped

- 0.5 teaspoon garlic powder
- 1.5 cups heavy cream
- 0.3 cup onions chopped
- 8 servings salt and pepper black freshly ground

Equipment

- oven
- pot
- casserole dish

Directions

- Watch how to make this recipe.
- Preheat oven to 425 degrees F.
- Butter casserole dish. In a large pot, melt 3 tablespoons butter and flour over medium heat until golden in color to make a quick roux. The roux should resemble the color of peanut butter.
- Add mushrooms, onion, garlic, garlic powder, cayenne pepper, heavy cream and chicken stock.
- Add broccoli, 1 cup of the cheese and rice. Season with salt and pepper, to taste.
- Pour into buttered dish and top with remaining shredded Cheddar.
- Bake until cheese is melted and golden, about 20 minutes.

Nutrition Facts



PROTEIN 12.36% **FAT 61.47%** **CARBS 26.17%**

Properties

Glycemic Index:46.13, Glycemic Load:19.82, Inflammation Score:-7, Nutrition Score:15.369565175927%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 2.81mg, Kaempferol: 2.81mg, Kaempferol: 2.81mg

2.81mg, Kaempferol: 2.81mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg
Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 378.91kcal (18.95%), Fat: 26.27g (40.42%), Saturated Fat: 15.84g (98.98%), Carbohydrates: 25.17g (8.39%),
Net Carbohydrates: 23.61g (8.59%), Sugar: 3g (3.33%), Cholesterol: 79.13mg (26.38%), Sodium: 232.78mg (10.12%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.88g (23.76%), Vitamin C: 32.61mg (39.53%), Vitamin K:
38.58µg (36.75%), Selenium: 23.19µg (33.13%), Calcium: 260.88mg (26.09%), Vitamin B2: 0.42mg (24.84%),
Phosphorus: 248.13mg (24.81%), Vitamin A: 1213IU (24.26%), Manganese: 0.45mg (22.32%), Zinc: 1.95mg (13.02%),
Copper: 0.23mg (11.6%), Vitamin B5: 1.11mg (11.11%), Folate: 44.3µg (11.07%), Vitamin B6: 0.22mg (10.76%), Potassium:
358.02mg (10.23%), Vitamin B3: 1.96mg (9.78%), Magnesium: 30.06mg (7.51%), Vitamin B1: 0.11mg (7.08%), Vitamin
B12: 0.4µg (6.65%), Vitamin E: 0.97mg (6.48%), Fiber: 1.56g (6.22%), Vitamin D: 0.91µg (6.08%), Iron: 0.75mg
(4.18%)