



## Creamy Cheese-Broccoli Rice Bake

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



81 kcal

SIDE DISH

### Ingredients

- 12 ounce valley broccoli cuts fresh green frozen giant® steamers®
- 2 cups brown rice white cooked
- 0.3 cup milk
- 1 medium onion chopped

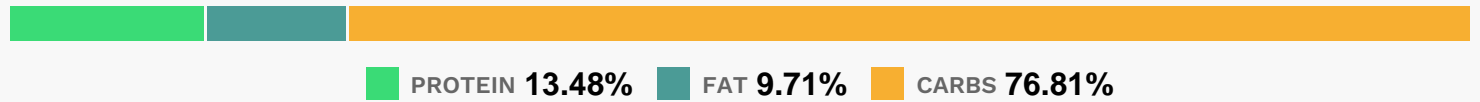
### Equipment

- frying pan
- oven

## Directions

- Heat oven to 350 degrees F. Spray 2-quart casserole with cooking spray.
- Meanwhile, in 10-inch nonstick skillet, heat 1 tablespoon vegetable oil over medium-high heat.
- Add onion; cook, stirring occasionally, until crisp-tender. Reduce heat to medium. Stir in 1/2 teaspoon salt, the cooking sauce and milk; heat to boiling. Stir in cooked rice and thawed broccoli until well mixed. Spoon into casserole.
- Bake uncovered 30 to 35 minutes or until hot in center and bubbly around edges.
- Sprinkle with crushed crackers.

## Nutrition Facts



## Properties

Glycemic Index:18.65, Glycemic Load:6.54, Inflammation Score:-5, Nutrition Score:9.2991303697876%

## Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 3.42mg, Kaempferol: 3.42mg, Kaempferol: 3.42mg, Kaempferol: 3.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

## Nutrients (% of daily need)

Calories: 80.66kcal (4.03%), Fat: 0.9g (1.39%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 16.04g (5.35%), Net Carbohydrates: 13.83g (5.03%), Sugar: 1.79g (1.99%), Cholesterol: 1.22mg (0.41%), Sodium: 18.93mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Vitamin C: 38.95mg (47.21%), Vitamin K: 43.46µg (41.39%), Manganese: 0.64mg (32.11%), Fiber: 2.22g (8.87%), Vitamin B6: 0.17mg (8.49%), Magnesium: 32.98mg (8.24%), Phosphorus: 79.86mg (7.99%), Folate: 31.35µg (7.84%), Vitamin B1: 0.09mg (6.13%), Potassium: 208.21mg (5.95%), Vitamin A: 281.67IU (5.63%), Vitamin B5: 0.49mg (4.9%), Vitamin B3: 0.95mg (4.73%), Vitamin B2: 0.07mg (4.31%), Calcium: 40.53mg (4.05%), Zinc: 0.54mg (3.61%), Iron: 0.6mg (3.32%), Copper: 0.07mg (3.29%), Vitamin E: 0.34mg (2.26%), Selenium: 1.33µg (1.89%)