



Creamy Cheese Broccoli Rice Bake

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

Ingredients

- 12 oz broccoli fresh green frozen thawed giant® steamers®
- 2 cups brown rice white cooked
- 8 servings round buttery crackers crushed cheese-flavored
- 0.3 cup milk
- 0.5 cup onion chopped

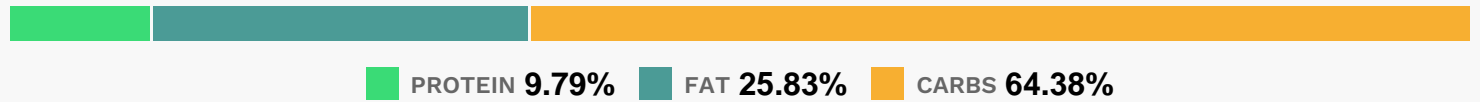
Equipment

- frying pan
- oven

Directions

- Heat oven to 350°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:6.46, Inflammation Score:-5, Nutrition Score:11.250869416672%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 3.4mg, Kaempferol: 3.4mg, Kaempferol: 3.4mg, Kaempferol: 3.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 157.88kcal (7.89%), Fat: 4.61g (7.09%), Saturated Fat: 1.19g (7.46%), Carbohydrates: 25.86g (8.62%), Net Carbohydrates: 23.33g (8.49%), Sugar: 2.94g (3.26%), Cholesterol: 1.22mg (0.41%), Sodium: 159.9mg (6.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Vitamin K: 51.45µg (49%), Vitamin C: 38.67mg (46.87%), Manganese: 0.72mg (36.19%), Phosphorus: 122.45mg (12.25%), Vitamin B1: 0.16mg (10.73%), Folate: 42.16µg (10.54%), Fiber: 2.52g (10.08%), Magnesium: 35.64mg (8.91%), Vitamin B6: 0.17mg (8.74%), Vitamin B3: 1.72mg (8.62%), Iron: 1.3mg (7.25%), Vitamin B2: 0.11mg (6.75%), Calcium: 64.31mg (6.43%), Potassium: 221.78mg (6.34%), Vitamin E: 0.9mg (5.98%), Vitamin A: 281.6IU (5.63%), Vitamin B5: 0.54mg (5.44%), Zinc: 0.63mg (4.22%), Copper: 0.08mg (4.21%), Selenium: 2.04µg (2.92%)