



 **100%**
HEALTH SCORE

Creamy Vegan Broccoli and Rice Casserole

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



308 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 head broccoli cut into small florets (5 cups)
- 1 tablespoon cashew butter
- 1 pinch ground pepper
- 0.5 cup celery chopped
- 1.8 cups chickpeas cooked (or other options, see below)
- 3 cups brown rice cooked (warm, if possible)
- 1 teaspoon thyme dried
- 0.3 teaspoon ground mustard dry

- 1 clove garlic
- 0.5 tablespoon juice of lemon
- 0.5 cup nutritional yeast
- 1 medium onion chopped
- 0.5 teaspoon onion powder
- 6 servings pepper black generous
- 4 teaspoons potato flour
- 0.5 teaspoon salt to taste ()
- 0.5 tablespoon cooking sherry
- 2 tablespoons slivered almonds sliced
- 0.3 teaspoon paprika smoked
- 1.3 cup soy milk plain unsweetened (or other non-dairy milk)
- 0.5 bell pepper red yellow chopped

Equipment

- frying pan
- oven
- blender
- casserole dish
- steamer basket

Directions

- Preheat oven to 37
- Lightly oil or spray a medium casserole dish (about 2-1/2-quart size).
- Place the sauce ingredients into a blender and process until smooth. Set aside.
- Place the broccoli in a steamer basket set over water and steam, covered, until just barely tender, about 3 to 4 minutes.
- Remove from heat. While the broccoli is steaming, heat a large, deep non-stick skillet or saute pan.

Add the onion, bell pepper, and celery and cook, stirring constantly, for 4–5 minutes. Stir in the chickpeas, thyme, rice, and steamed broccoli. Make sure the sauce is well-blended, and add it to the skillet. Stir gently and cook until heated through, about 5 minutes. Check seasonings, adding more salt and pepper if necessary, and smooth into the prepared casserole dish and sprinkle with almonds, if desired.

Bake until the top begins to brown, about 20 minutes.

Serve hot.

Nutrition Facts

PROTEIN 17.97% **FAT 18.36%** **CARBS 63.67%**

Properties

Glycemic Index:50.49, Glycemic Load:15.31, Inflammation Score:-9, Nutrition Score:29.543478012085%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg, Quercetin: 7.19mg

Nutrients (% of daily need)

Calories: 307.98kcal (15.4%), Fat: 6.54g (10.06%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 51.01g (17%), Net Carbohydrates: 40.56g (14.75%), Sugar: 5.39g (5.99%), Cholesterol: 0mg (0%), Sodium: 259.59mg (11.29%), Alcohol: 0.13g (100%), Alcohol %: 0.05% (100%), Protein: 14.39g (28.79%), Vitamin C: 111.66mg (135.34%), Vitamin K: 110.94µg (105.66%), Manganese: 1.96mg (98.2%), Fiber: 10.45g (41.8%), Folate: 163.83µg (40.96%), Magnesium: 117.69mg (29.42%), Phosphorus: 282.19mg (28.22%), Vitamin B6: 0.49mg (24.64%), Copper: 0.46mg (23.16%), Potassium: 804.38mg (22.98%), Vitamin B1: 0.34mg (22.69%), Iron: 3.74mg (20.76%), Vitamin B2: 0.32mg (19.09%), Vitamin A: 862.05IU (17.24%), Calcium: 169.16mg (16.92%), Zinc: 2.1mg (14%), Vitamin B3: 2.66mg (13.28%), Vitamin B5: 1.27mg (12.67%), Vitamin E: 1.89mg (12.6%), Vitamin B12: 0.56µg (9.37%), Selenium: 5.22µg (7.45%), Vitamin D: 0.61µg (4.05%)