



WHATSheATE



Ham, Broccoli and Rice Skillet Dinner



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 0.5 cup onion chopped (1 medium)
- ☐ 4.3 oz rice long grain wild
- ☐ 1.7 cups water
- ☐ 2 cups broccoli florets frozen (from 14-oz bag)
- ☐ 1.5 cups finely-chopped ham cubed cooked

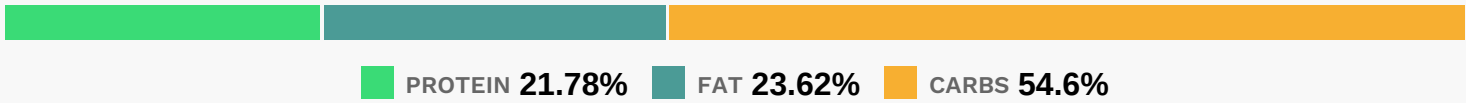
Equipment

- ☐ frying pan

Directions

- ☐ In 10-inch nonstick skillet, melt butter over medium heat.
- ☐ Add onion and rice from mix; cook and stir 1 to 2 minutes or until onion begins to cook. Stir in water and contents of seasoning packet from mix; heat to boiling. Reduce heat to medium-low; cover and cook 10 minutes.
- ☐ Stir in broccoli and ham; return to boiling. Reduce heat to medium-low; cover and cook 10 to 15 minutes, stirring occasionally, until broccoli is crisp-tender and rice is tender.

Nutrition Facts



Properties

Glycemic Index:30.05, Glycemic Load:15.67, Inflammation Score:-6, Nutrition Score:13.746956576472%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 215.82kcal (10.79%), Fat: 5.63g (8.66%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 29.28g (9.76%), Net Carbohydrates: 27.36g (9.95%), Sugar: 1.66g (1.84%), Cholesterol: 30.93mg (10.31%), Sodium: 535.27mg (23.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.68g (23.36%), Vitamin C: 51.94mg (62.96%), Vitamin K: 46.52µg (44.31%), Manganese: 0.47mg (23.64%), Selenium: 14.23µg (20.33%), Phosphorus: 195.19mg (19.52%), Vitamin B1: 0.29mg (19.18%), Vitamin B6: 0.26mg (13.12%), Vitamin B3: 2.31mg (11.54%), Vitamin B2: 0.18mg (10.31%), Zinc: 1.51mg (10.05%), Vitamin B12: 0.6µg (10%), Vitamin B5: 0.97mg (9.66%), Potassium: 328.15mg (9.38%), Folate: 36.2µg (9.05%), Copper: 0.16mg (8.06%), Fiber: 1.92g (7.68%), Vitamin A: 373.29IU (7.47%), Magnesium: 29.13mg (7.28%), Iron: 0.98mg (5.43%), Calcium: 40.77mg (4.08%), Vitamin E: 0.47mg (3.13%)