



Make-Ahead Broccoli, Cheese & Rice

 Popular

READY IN



30 min.

SERVINGS



8

CALORIES



150 kcal

SIDE DISH

Ingredients

- 6 cups broccoli florets fresh
- 1.5 Tbsp butter
- 14 oz chicken broth fat-free reduced-sodium canned
- 2 cups rice white instant uncooked
- 2 Tbsp parmesan cheese grated kraft
- 10 ritz crackers crushed
- 8 oz velveeta cut into 1/2-inch cubes
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Equipment

- bowl
- frying pan
- sauce pan
- microwave

Directions

- Bring broccoli and broth to boil in medium saucepan. Stir in rice; cover.
- Remove from heat.
- Let stand 5 min. Stir in VELVEETA.
- Let stand, covered, 5 min. Stir until VELVEETA is completely melted. Spoon into microwaveable bowl. Refrigerate up to 24 hours.
- Meanwhile, melt butter in small skillet on medium heat.
- Add cracker crumbs; cook 2 to 3 min. or until golden brown, stirring frequently. Cool completely. Stir in Parmesan. Spoon into airtight container. Store at room temperature up to 24 hours.
- Cover broccoli mixture with waxed paper just before serving. Microwave on HIGH 5 to 6 min. or until heated through; stir.
- Sprinkle with crumb mixture. Microwave, uncovered, 2 to 3 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:14.223913370591%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 149.69kcal (7.48%), Fat: 3.92g (6.03%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 24.84g (8.28%), Net Carbohydrates: 22.57g (8.21%), Sugar: 1.55g (1.73%), Cholesterol: 6.81mg (2.27%), Sodium: 299.65mg (13.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Vitamin C: 60.88mg (73.79%), Vitamin K: 71.72µg (68.3%), Folate: 105.47µg (26.37%), Manganese: 0.38mg (19.09%), Vitamin B1: 0.27mg (17.87%), Selenium: 11.43µg (16.33%), Vitamin B3: 2.4mg (12.02%), Iron: 2.1mg (11.64%), Vitamin A: 502.55IU (10.05%), Phosphorus: 94.67mg (9.47%), Fiber: 2.27g (9.08%), Vitamin B6: 0.16mg (7.8%), Potassium: 243.76mg (6.96%), Vitamin B2: 0.11mg (6.56%), Vitamin B5: 0.56mg (5.64%), Calcium: 56.26mg (5.63%), Vitamin E: 0.74mg (4.93%), Magnesium: 19.04mg (4.76%), Zinc: 0.68mg (4.51%), Copper: 0.09mg (4.3%), Vitamin B12: 0.12µg (2.01%)