



## Meme Wales' Broccoli Rice Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



290 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 16 ounce broccoli frozen chopped
- 0.3 cup butter
- 1 cup celery chopped
- 10.8 ounce cream of chicken soup canned
- 12 fluid ounce evaporated milk canned
- 12 servings salt and ground pepper black to taste
- 1 cup onion chopped
- 8 fl. oz. pasteurized process cheese spread cheez whiz® (such as )

2 cups rice rinsed drained

## Equipment

frying pan

oven

baking pan

## Directions

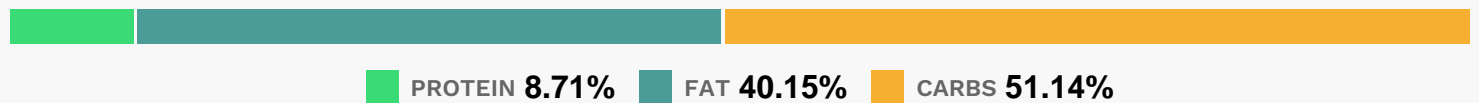
Preheat oven to 350 degrees F (175 degrees C).

Melt butter in a large skillet over medium-high heat. Cook and stir onion and celery in hot butter until tender, about 5 minutes. Stir rice, broccoli, chicken soup, cheese spread, and evaporated milk into the onion mixture; season with salt and pepper.

Transfer mixture to a baking dish.

Bake in the preheated oven until rice is tender and sauce is bubbly, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:23.1, Glycemic Load:16.43, Inflammation Score:-6, Nutrition Score:11.054782624478%

## Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

## Nutrients (% of daily need)

Calories: 289.76kcal (14.49%), Fat: 12.57g (19.34%), Saturated Fat: 6.12g (38.25%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 34.25g (12.45%), Sugar: 6.26g (6.95%), Cholesterol: 31.53mg (10.51%), Sodium: 465.64mg (20.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Vitamin C: 36.84mg (44.66%), Vitamin K: 42.82µg (40.78%), Manganese: 0.47mg (23.63%), Calcium: 186.82mg (18.68%), Vitamin A: 688.36IU (13.77%), Phosphorus: 135.49mg (13.55%), Vitamin B2: 0.17mg (10.27%), Selenium: 6.92µg (9.88%), Folate: 34.88µg (8.72%), Potassium: 300.76mg (8.59%), Vitamin B5: 0.81mg (8.1%), Vitamin B6: 0.15mg (7.71%), Fiber: 1.77g (7.08%), Copper:

0.13mg (6.65%), Magnesium: 26.28mg (6.57%), Zinc: 0.83mg (5.54%), Iron: 0.9mg (5.02%), Vitamin B1: 0.07mg (4.92%), Vitamin B3: 0.94mg (4.69%), Vitamin E: 0.65mg (4.33%)