



Pork, Broccoli and Rice Casserole



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce broccoli frozen thawed
- ☐ 21.5 ounce campbell's® condensed cream of celery soup canned
- ☐ 0.5 teaspoon curry powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup mayonnaise
- ☐ 1.5 pounds roast pork leftover cubed
- ☐ 2 cups water
- ☐ 1 cup rice white uncooked

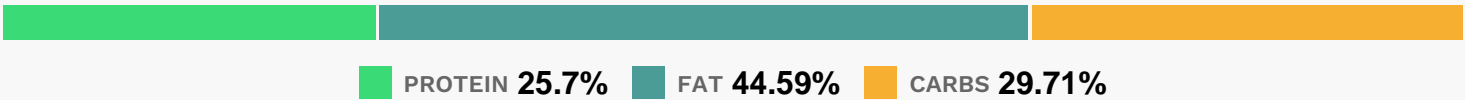
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Place rice and water in a saucepan over medium-high heat and bring to a boil. Once the water is boiling, reduce heat to low, cover, and simmer for 20 minutes, or until rice is tender.
- ☐ In a large bowl, mix together the cubed pork, rice and broccoli. Stir in the cream of celery soup and mayonnaise, then season with pepper and curry powder.
- ☐ Transfer to a 9x13 inch baking dish, and cover with aluminum foil.
- ☐ Bake for 45 to 50 minutes in the preheated oven, until evenly heated through.
- ☐ Remove the aluminum foil for the last 5 minutes in the oven.

Nutrition Facts



Properties

Glycemic Index:22.52, Glycemic Load:11.64, Inflammation Score:-5, Nutrition Score:19.084347984065%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 359.5kcal (17.97%), Fat: 17.63g (27.12%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 26.43g (8.81%), Net Carbohydrates: 24.68g (8.97%), Sugar: 1.74g (1.94%), Cholesterol: 67.84mg (22.61%), Sodium: 539.61mg (23.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.86g (45.72%), Vitamin K: 72.42µg (68.97%),

Selenium: 29.66µg (42.37%), Vitamin C: 31.78mg (38.52%), Vitamin B6: 0.75mg (37.63%), Vitamin B1: 0.44mg (29.17%), Vitamin B3: 5.69mg (28.45%), Phosphorus: 267.77mg (26.78%), Manganese: 0.51mg (25.33%), Vitamin B5: 1.8mg (17.98%), Potassium: 537.71mg (15.36%), Vitamin B2: 0.24mg (14.4%), Zinc: 2.05mg (13.69%), Vitamin E: 1.96mg (13.06%), Copper: 0.22mg (10.92%), Magnesium: 40.41mg (10.1%), Vitamin A: 446.64IU (8.93%), Vitamin B12: 0.48µg (8.02%), Iron: 1.36mg (7.57%), Fiber: 1.75g (7.01%), Folate: 26.61µg (6.65%), Calcium: 55.81mg (5.58%), Vitamin D: 0.37µg (2.45%)