



## Rice, Broccoli 'n Cheese Cups

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups broccoli frozen thawed drained chopped
- 1 cup chicken broth
- 2 eggs lightly beaten
- 1 cup rice white instant uncooked
- 0.3 cup classic ranch dressing kraft
- 0.7 cup mozzarella cheese shredded kraft

### Equipment

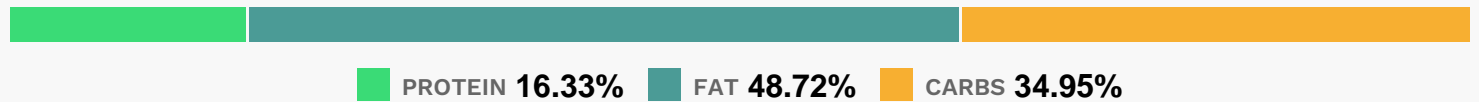
- oven

- mixing bowl
- muffin liners

## Directions

- Preheat oven to 350F. Prepare rice as directed on package, substituting chicken broth for the water.
- Place cooked rice in large mixing bowl; cool slightly. Stir in remaining ingredients until well blended.
- Spoon mixture evenly into 8 greased muffin cups.
- Bake 25 min. or until lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:1.97, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.8021739215954%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 33.12kcal (1.66%), Fat: 1.78g (2.75%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.71g (0.99%), Sugar: 0.24g (0.27%), Cholesterol: 13.55mg (4.52%), Sodium: 68.59mg (2.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.69%), Vitamin K: 7.24µg (6.89%), Vitamin C: 3.92mg (4.76%), Selenium: 2.6µg (3.72%), Folate: 12.29µg (3.07%), Phosphorus: 24.94mg (2.49%), Vitamin B1: 0.03mg (2.24%), Manganese: 0.04mg (2.17%), Vitamin B2: 0.03mg (1.93%), Calcium: 17.78mg (1.78%), Iron: 0.29mg (1.59%), Vitamin B12: 0.09µg (1.46%), Vitamin B3: 0.25mg (1.26%), Vitamin A: 60.99IU (1.22%), Zinc: 0.18mg (1.19%), Vitamin B5: 0.1mg (1.03%)