



## Swiss Broccoli Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 20 ounce broccoli frozen thawed chopped
- 10.8 ounce cream of mushroom soup fat-free 30% 98% undiluted reduced-sodium canned
- 1 cup rice cooked
- 0.7 cup milk 2% reduced-fat
- 0.8 teaspoon salt
- 2 ounces swiss cheese shredded
- 1 ounce sandwich bread white

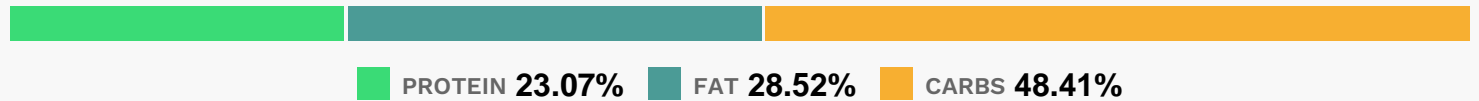
## Equipment

- food processor
- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 35
- Combine first 4 ingredients in a large saucepan over medium-high heat; bring to a simmer.
- Add cheese; stir until melted.
- Remove from heat; stir in cooked rice and broccoli.
- Transfer broccoli mixture to an 11 x 7inch baking dish coated with cooking spray.
- Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1/2 cup.
- Sprinkle broccoli mixture with breadcrumbs. Cover and bake at 350 for 15 minutes. Uncover and bake an additional 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:34.35, Glycemic Load:8.17, Inflammation Score:-6, Nutrition Score:13.74652186684%

## Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

## Nutrients (% of daily need)

Calories: 120.42kcal (6.02%), Fat: 3.95g (6.07%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 15.08g (5.03%), Net Carbohydrates: 12.98g (4.72%), Sugar: 2.4g (2.67%), Cholesterol: 10.07mg (3.36%), Sodium: 550.96mg (23.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.37%), Vitamin C: 63.26mg (76.68%), Vitamin K: 72.54µg (69.08%), Manganese: 0.39mg (19.45%), Folate: 53.47µg (13.37%), Calcium: 131.38mg (13.14%), Phosphorus:

129.19mg (12.92%), Vitamin A: 520.81IU (10.42%), Vitamin B2: 0.17mg (10.28%), Selenium: 6.7µg (9.58%), Potassium: 316.46mg (9.04%), Vitamin B6: 0.17mg (8.68%), Fiber: 2.1g (8.38%), Zinc: 1.24mg (8.29%), Vitamin B5: 0.68mg (6.76%), Copper: 0.13mg (6.72%), Magnesium: 25.49mg (6.37%), Vitamin B12: 0.38µg (6.32%), Vitamin B1: 0.09mg (5.89%), Iron: 0.96mg (5.35%), Vitamin B3: 1.07mg (5.33%), Vitamin E: 0.62mg (4.12%)