

## Vegetable Rice Pie

READY IN



50 min.

SERVINGS



8

CALORIES



233 kcal

### Ingredients

- 1 cup broccoli fresh chopped
- 1 cup carrots chopped
- 1 cup cauliflower fresh chopped
- 1.5 cups rice long grain cooked
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- 3 tablespoons flour all-purpose
- 0.3 cup mayonnaise
- 1 cup milk
- 0.3 cup onion chopped

- 0.5 cup parmesan cheese grated
- 1 pinch pepper
- 0.3 teaspoon salt

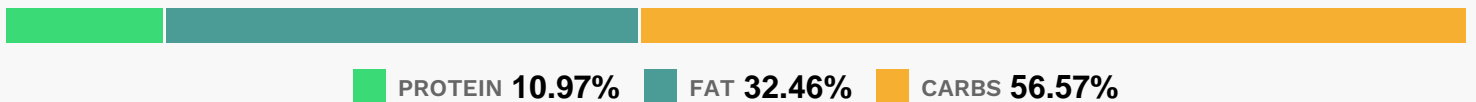
## Equipment

- sauce pan
- oven

## Directions

- Combine the crust ingredients; press onto the bottom and up the sides of a greased 9-in. pie plate; set aside.
- In a saucepan, cook broccoli, cauliflower, carrots and onion in a small amount of water until crisp-tender; drain well. In another saucepan, combine mayonnaise and flour until smooth; cook and stir until bubbly. Gradually add milk, salt and pepper; cook and stir over medium heat until thick, about 3 minutes. Stir in vegetables; pour into the crust.
- Sprinkle with cheese.
- Bake, uncovered, at 350° for 30-40 minutes or until crust edges begin to brown.
- Let stand for 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:82.48, Glycemic Load:29.89, Inflammation Score:-9, Nutrition Score:10.976521823717%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

## Nutrients (% of daily need)

Calories: 233.44kcal (11.67%), Fat: 8.36g (12.86%), Saturated Fat: 2.46g (15.4%), Carbohydrates: 32.78g (10.93%), Net Carbohydrates: 31.28g (11.37%), Sugar: 2.96g (3.29%), Cholesterol: 12.04mg (4.01%), Sodium: 257.65mg (11.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.71%), Vitamin A: 2849.68IU (56.99%), Manganese: 0.52mg (25.96%), Vitamin K: 26.93µg (25.64%), Vitamin C: 17.15mg (20.79%), Selenium: 10.94µg (15.63%), Phosphorus: 132.98mg (13.3%), Calcium: 117.08mg (11.71%), Vitamin B6: 0.18mg (8.92%), Vitamin B2: 0.12mg (7.14%), Vitamin B5: 0.7mg (7.01%), Folate: 26.59µg (6.65%), Zinc: 0.99mg (6.58%), Potassium: 223.58mg (6.39%), Fiber: 1.5g (6.01%), Magnesium: 23.83mg (5.96%), Vitamin B1: 0.09mg (5.75%), Copper: 0.09mg (4.46%), Vitamin B12: 0.26µg (4.29%), Vitamin B3: 0.86mg (4.28%), Vitamin E: 0.52mg (3.44%), Iron: 0.54mg (3.02%), Vitamin D: 0.38µg (2.54%)