



## Vernita's Broccoli Casserole

READY IN



55 min.

SERVINGS



8

CALORIES



290 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 10 ounce broccoli frozen thawed chopped
- 0.3 round buttery crackers crushed ritz® (such as )
- 10.8 ounce cream of mushroom soup canned
- 1 cup rice instant uncooked minute® (such as )
- 0.3 cup butter melted
- 1 small onion chopped
- 2 cups cheddar cheese shredded
- 1 cup water

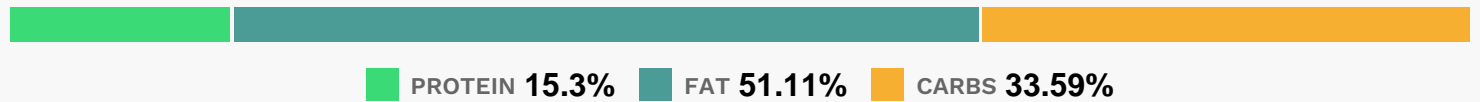
## Equipment

- bowl
- oven
- casserole dish

## Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Pour the crushed crackers into a small bowl.
- Mix in the melted margarine until evenly coated; set aside.
- Stir the broccoli, onion, Cheddar cheese, rice, condensed cream of mushroom soup, and water in 2 quart casserole dish.
- Sprinkle with the cracker crumbs.
- Bake in the preheated oven until the casserole is hot in the center and the top is browned and bubbly, 45 minutes to 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:18.4, Glycemic Load:11.95, Inflammation Score:-6, Nutrition Score:11.801738941151%

## Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

## Nutrients (% of daily need)

Calories: 290.07kcal (14.5%), Fat: 16.55g (25.46%), Saturated Fat: 7.16g (44.74%), Carbohydrates: 24.47g (8.16%), Net Carbohydrates: 23.02g (8.37%), Sugar: 1.1g (1.23%), Cholesterol: 30.15mg (10.05%), Sodium: 537.52mg (23.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.3%), Vitamin C: 32.27mg (39.12%), Vitamin K: 36.94µg (35.19%), Calcium: 229.6mg (22.96%), Manganese: 0.46mg (22.75%), Phosphorus: 194.92mg (19.49%), Selenium: 12.42µg (17.75%), Vitamin A: 757.76IU (15.16%), Zinc: 1.87mg (12.48%), Vitamin B2: 0.21mg (12.09%), Folate:

34.6µg (8.65%), Copper: 0.16mg (8.1%), Vitamin B6: 0.15mg (7.29%), Vitamin B5: 0.64mg (6.44%), Potassium: 224.23mg (6.41%), Magnesium: 24.92mg (6.23%), Vitamin B12: 0.37µg (6.12%), Fiber: 1.45g (5.8%), Vitamin E: 0.74mg (4.93%), Vitamin B3: 0.97mg (4.86%), Iron: 0.78mg (4.33%), Vitamin B1: 0.06mg (4.16%), Vitamin D: 0.17µg (1.13%)