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## Broccoli Cheddar Rice Casserole

A delicious casserole dish made with broccoli, cheddar cheese, and rice. Perfect for a comforting and hearty meal.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 40 mins

**Total Time:** 60 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

500 g	broccoli
200 g	cheddar cheese
300 g	Rice
250 ml	milk
50 g	butter
50 g	flour

1 tsp salt

0.5 tsp pepper

## Directions

### Step 1

#### Preheating

Preheat the oven to 375°F (190°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Boiling

Cook the rice according to the package instructions.

**Prep Time:** 10 mins

**Cook Time:** 20 mins

### Step 3

#### Steaming

Steam the broccoli until tender.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 4

Stove

In a saucepan, melt the butter over medium heat. Stir in the flour and cook for 1 minute.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 5

Stove

Gradually whisk in the milk. Cook, stirring constantly, until the mixture thickens.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 6

Remove from heat and stir in the cheddar cheese until melted. Season with salt and pepper.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 7

Mixing

In a large bowl, combine the cooked rice, steamed broccoli, and cheese sauce. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 8

Oven

Transfer the mixture to a greased casserole dish. Bake for 20 minutes, or until bubbly and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

## Step 9

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 15 g

**Protein:** 10 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Winter Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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