

Broccoli Rice Casserole from Scratch

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/friends-thanksgiving-trifle-recipe>

Ingredients:

- 6 cups broccoli fresh, cut into bite sized pieces
- 2 cups cooked white rice
- 3 tablespoons butter
- 3/4 cup onion diced, about 1 small
- 3 tablespoons flour
- 2 cups milk
- 1/4 teaspoon garlic pepper each
- 1/2 teaspoon mustard powder
- 1/2 teaspoon paprika
- salt to taste
- 3 tablespoons cream cheese
- 2 cups shredded cheddar cheese divided

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 55 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 10 grams
8. Sodium: 390 milligrams
9. Sugar: 6 grams

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