

Broccoli Cheese Rice Casserole

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-broccoli-cheese-rice-casserole-recipe>

Ingredients:

- 3 cups white rice or Cooked Brown
- 18 ounces broccoli Earthbound Farm Frozen Organic, – thawed/drained
- 1 1/2 cups cream cheese
- 1/2 cup whole milk
- 1 teaspoon Dijon mustard
- 1 teaspoon garlic powder
- salt /Pepper - to taste
- 2 cups colby jack cheese Shredded, divided

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 80 milligrams
4. Fat: 27 grams
5. Fiber: 3 grams
6. Protein: 18 grams
7. SaturatedFat: 15 grams
8. Sodium: 470 milligrams
9. Sugar: 4 grams

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