

# Broccoli and Rice Casserole

Sara F Patterson, Nancy F Holley & Cleo F Long  
*Three Sisters Cookbook - Alexander City, AL*

## Servings: 6

2 boxes frozen chopped broccoli,  
 thawed  
 1 can cream of mushroom soup  
 1 can cream of chicken soup  
 1 jar (8 ounce) Cheese Whiz  
 1/2 cup onions, chopped  
 2 cups cooked rice  
 1/2 stick margarine

Preheat the oven to 350 degrees.

In a saucepan, saute' the onions and broccoli in margarine. Add the soups and cheese. Heat the mixture.

Add the rice and broccoli.

Pour the mixture into a casserole dish.

Bake for 20 to 30 minutes.

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Per Serving (excluding unknown items): 194 Calories; 10g Fat (49.1% calories from fat); 3g Protein; 22g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 427mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 2 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	194	Vitamin B6 (mg):	.6mg
% Calories from Fat:	49.1%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	45.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	10g	Folacin (mcg):	40mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	2mg	% Refuse:	0.0%
Carbohydrate (g):	22g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	1 1/2
Protein (g):	3g	Lean Meat:	0

**Sodium (mg):** 427mg  
**Potassium (mg):** 81mg  
**Calcium (mg):** 26mg  
**Iron (mg):** trace  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 437IU  
**Vitamin A (r.e.):** 85 1/2RE

**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 194      **Calories from Fat:** 95

### % Daily Values\*

<b>Total Fat</b> 10g	16%
Saturated Fat 2g	11%
<b>Cholesterol</b> 2mg	1%
<b>Sodium</b> 427mg	18%
<b>Total Carbohydrates</b> 22g	7%
Dietary Fiber 1g	2%
<b>Protein</b> 3g	

<b>Vitamin A</b>	9%
<b>Vitamin C</b>	2%
<b>Calcium</b>	3%
<b>Iron</b>	2%

\* Percent Daily Values are based on a 2000 calorie diet.