

# Cheesy Rice and Broccoli

"Fruits of the Spirit" (2001) - Barbara Preston  
Grapevine United Methodist Church - Port St. Lucie, FL

## Servings: 6

1 package (10 ounce) frozen chopped  
broccoli  
3/4 cup water  
1/2 pound Velveeta cheese, cubed  
1 1/2 cups Minute original rice,  
uncooked

In a medium saucepan, bring the broccoli and  
water to a boil, separating the broccoli with a  
fork.

Stir in the Velveeta cheese. Reduce the heat to  
low. Cover and simmer for 3 minutes.

Stir in the minute rice. Cover. Remove from the  
heat. Let stand for 5 minutes.

Stir before serving.

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Per Serving (excluding unknown  
items): trace Calories; trace Fat  
(7.9% calories from fat); trace  
Protein; trace Carbohydrate; trace  
Dietary Fiber; 0mg Cholesterol;  
1mg Sodium. Exchanges: 0  
Vegetable.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	trace
% Calories from Fat:	7.9%
% Calories from Carbohydrates:	58.1%
% Calories from Protein:	34.1%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0

**Sodium (mg):** 1mg  
**Potassium (mg):** trace  
**Calcium (mg):** 1mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 3IU  
**Vitamin A (r.e.):** 1/2RE

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** trace **Calories from Fat:** 0

### % Daily Values\*

**Total Fat** trace 0%  
     Saturated Fat trace 0%  
**Cholesterol** 0mg 0%  
**Sodium** 1mg 0%  
**Total Carbohydrates** trace 0%  
     Dietary Fiber trace 0%  
**Protein** trace

**Vitamin A** 0%  
**Vitamin C** 0%  
**Calcium** 0%  
**Iron** 0%

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