



 7%
HEALTH SCORE

Cheddar Rice Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



304 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup onion chopped
- 2 garlic clove minced
- 0.3 cup butter cubed
- 3 cups rice long grain cooked
- 2 cups cheddar cheese shredded
- 1 cup parsley fresh minced
- 1 cup milk whole
- 4 large eggs lightly beaten

- 2 teaspoons worcestershire sauce
- 1 teaspoon salt

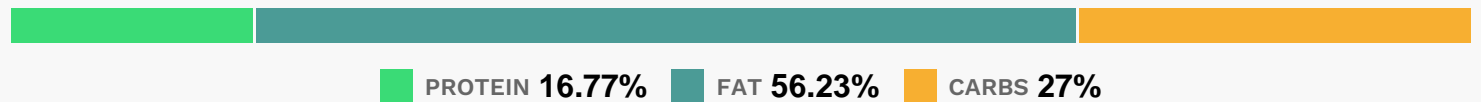
Equipment

- sauce pan
- oven
- knife
- baking pan

Directions

- In a large saucepan, saute onion and garlic in butter until tender.
- Add remaining ingredients; mix well.
- Transfer to a greased shallow 1-qt. baking dish.
- Bake, uncovered, at 350° for 40-45 minutes or until a knife inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:18.91, Inflammation Score:-7, Nutrition Score:15.047391404276%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 304.17kcal (15.21%), Fat: 18.95g (29.15%), Saturated Fat: 10.48g (65.49%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 19.88g (7.23%), Sugar: 2.12g (2.36%), Cholesterol: 140.16mg (46.72%), Sodium: 592.76mg (25.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.71g (25.42%), Vitamin K: 124.39µg (118.47%), Selenium: 20.91µg (29.87%), Calcium: 273.51mg (27.35%), Vitamin A: 1277.9IU (25.56%), Phosphorus: 244.72mg

(24.47%), Vitamin B2: 0.3mg (17.79%), Manganese: 0.32mg (16.12%), Vitamin C: 10.77mg (13.06%), Zinc: 1.88mg (12.55%), Vitamin B12: 0.7µg (11.65%), Vitamin B5: 0.89mg (8.93%), Folate: 32.17µg (8.04%), Vitamin B6: 0.16mg (7.9%), Vitamin D: 1µg (6.7%), Magnesium: 26.18mg (6.54%), Iron: 1.17mg (6.52%), Potassium: 188.36mg (5.38%), Vitamin E: 0.74mg (4.91%), Copper: 0.09mg (4.36%), Vitamin B1: 0.06mg (3.92%), Fiber: 0.59g (2.34%), Vitamin B3: 0.43mg (2.13%)