



## Cheesy Ham & Rice Bake

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 oz cream of mushroom soup canned
- 6 oz oscar mayer ham smoked chopped
- 2 cups rice white instant uncooked
- 2 cups milk
- 0.3 cup miracle whip dressing
- 2 cups peas frozen
- 0.5 cup sharp cheddar cheese shredded kraft

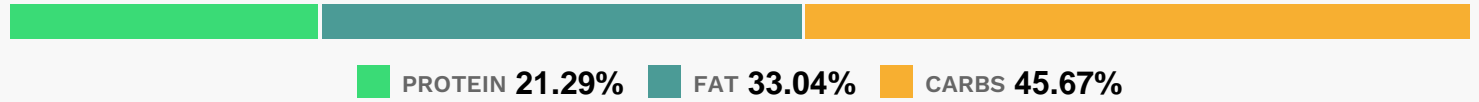
### Equipment

- oven
- baking pan

## Directions

- Heat oven to 425F.
- Mix all ingredients except cheese in 2-qt. baking dish; cover.
- Bake 20 min.; uncover.
- Top with cheese.
- Bake, uncovered, 10 min. or until rice is tender and cheese is melted.
- Let stand 5 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:27.33, Glycemic Load:5.05, Inflammation Score:-8, Nutrition Score:26.213478295699%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 512.91kcal (25.65%), Fat: 18.66g (28.71%), Saturated Fat: 8.59g (53.67%), Carbohydrates: 58.04g (19.35%), Net Carbohydrates: 52.64g (19.14%), Sugar: 11.69g (12.99%), Cholesterol: 60.11mg (20.04%), Sodium: 1279.51mg (55.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.05g (54.1%), Vitamin B1: 0.93mg (62.21%), Selenium: 33.27µg (47.53%), Manganese: 0.95mg (47.28%), Folate: 174.58µg (43.64%), Phosphorus: 429.3mg (42.93%), Vitamin B3: 7.2mg (35.99%), Vitamin C: 29mg (35.15%), Zinc: 4.3mg (28.66%), Calcium: 284.28mg (28.43%), Vitamin B2: 0.47mg (27.93%), Iron: 4.68mg (26.01%), Vitamin B6: 0.45mg (22.45%), Fiber: 5.39g (21.58%), Vitamin B12: 1.19µg (19.9%), Copper: 0.39mg (19.33%), Vitamin A: 904.79IU (18.1%), Vitamin K: 18.73µg (17.84%), Potassium: 601.12mg (17.17%), Magnesium: 61.44mg (15.36%), Vitamin D: 1.72µg (11.5%), Vitamin B5: 1.1mg (11.04%), Vitamin E: 0.43mg (2.88%)