



## Cheesy Rice Casserole

READY IN



60 min.

SERVINGS



8

CALORIES



1893 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 30 ounce peas and carrots drained canned
- 28 ounce chicken broth canned
- 5 lb round buttery crackers
- 8 ounce monterrey jack cheese
- 2 cups rice uncooked

### Equipment

### Nutrition Facts



■ PROTEIN 12.32% ■ FAT 39.57% ■ CARBS 48.11%

## Properties

Glycemic Index:11.02, Glycemic Load:22.31, Inflammation Score:-10, Nutrition Score:52.842173913043%

## Nutrients (% of daily need)

Calories: 1893.31kcal (94.67%), Fat: 83.02g (127.72%), Saturated Fat: 23.23g (145.21%), Carbohydrates: 227.13g (75.71%), Net Carbohydrates: 217.88g (79.23%), Sugar: 23.27g (25.86%), Cholesterol: 74.84mg (24.95%), Sodium: 3427.5mg (149.02%), Protein: 58.15g (116.3%), Vitamin K: 144.78µg (137.89%), Vitamin A: 6527.76IU (130.56%), Manganese: 2.42mg (120.84%), Phosphorus: 1153.72mg (115.37%), Vitamin B1: 1.37mg (91.22%), Vitamin B3: 17.6mg (88%), Iron: 15.33mg (85.19%), Calcium: 699.36mg (69.94%), Vitamin E: 10.34mg (68.91%), Selenium: 43.35µg (61.93%), Vitamin B2: 1.04mg (61.18%), Folate: 234.04µg (58.51%), Zinc: 6.18mg (41.21%), Fiber: 9.25g (36.99%), Copper: 0.62mg (31.07%), Vitamin B6: 0.55mg (27.52%), Magnesium: 106.82mg (26.7%), Vitamin B12: 1.23µg (20.46%), Potassium: 671.63mg (19.19%), Vitamin B5: 1.71mg (17.05%), Vitamin C: 7.02mg (8.5%), Vitamin D: 0.27µg (1.8%)