



Crawfish and Rice Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6.5 ounce alouette garlic & herbs spreadable cheese light (such as Alouette)
- ☐ 10.8 ounce cream of mushroom soup undiluted reduced-fat reduced-sodium canned
- ☐ 2 cups rice long-grain white cooked
- ☐ 3 cups rice wild cooked
- ☐ 1 cup bell pepper green chopped
- ☐ 1 cup spring onion chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 pounds goat meat frozen deveined rinsed cooked peeled drained

- ☐ 1 cup onion chopped
- ☐ 4 ounces processed cheese food light cubed (such as Velveeta)
- ☐ 0.5 teaspoon salt

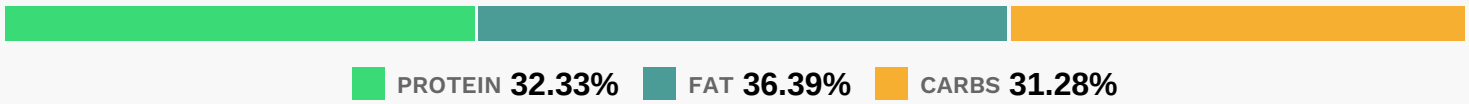
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add 1 cup onion and bell pepper; saut 5 minutes or until tender.
- ☐ Add crawfish, cheeses, and soup. Cook over medium heat until cheese melts, stirring occasionally. Stir in wild rice and remaining ingredients. Spoon into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Bake at 350 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:12.76, Inflammation Score:-6, Nutrition Score:20.871304382449%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 414.61kcal (20.73%), Fat: 16.77g (25.81%), Saturated Fat: 8.25g (51.58%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 30.11g (10.95%), Sugar: 2.38g (2.65%), Cholesterol: 113.69mg (37.9%), Sodium: 914.64mg

(39.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.53g (67.06%), Vitamin B3: 13.31mg (66.57%), Selenium: 42.79µg (61.12%), Vitamin B6: 1.07mg (53.34%), Phosphorus: 421.79mg (42.18%), Manganese: 0.57mg (28.36%), Vitamin K: 28.29µg (26.94%), Vitamin C: 20.21mg (24.5%), Vitamin B5: 2.05mg (20.47%), Potassium: 659.81mg (18.85%), Calcium: 176.76mg (17.68%), Zinc: 2.56mg (17.04%), Magnesium: 66.72mg (16.68%), Vitamin B2: 0.25mg (14.66%), Copper: 0.25mg (12.29%), Vitamin B1: 0.15mg (9.94%), Folate: 39.24µg (9.81%), Fiber: 2.34g (9.36%), Iron: 1.52mg (8.44%), Vitamin B12: 0.5µg (8.34%), Vitamin A: 389.76IU (7.8%), Vitamin E: 0.65mg (4.35%), Vitamin D: 0.2µg (1.32%)