



 7%
HEALTH SCORE

Crunchy Rice Casserole

READY IN



50 min.

SERVINGS



8

CALORIES



463 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound ground beef
- 1 large onion chopped
- 0.5 cup bell pepper green chopped
- 2 tablespoons catsup
- 0.5 teaspoon ground mustard
- 0.3 teaspoon salt
- 1.5 cups rice long grain cooked
- 1.5 cups rice long grain cooked
- 1.5 cups rice long grain cooked

- 1.5 cups cheddar cheese shredded
- 10 ounces cream of mushroom soup undiluted canned
- 1 cup milk whole
- 1 teaspoon worcestershire sauce
- 2 cups cornflakes crushed
- 3 tablespoons butter melted

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- In a skillet, cook beef, onion and green pepper over medium heat until meat is no longer pink; drain.
- Add the ketchup, mustard and salt; mix well.
- Transfer to a greased 2-qt. baking dish. Top with rice.
- In a bowl, combine the cheese, soup, milk and Worcestershire sauce.
- Pour over rice.
- Combine cornflakes and butter; sprinkle over the top.
- Bake, uncovered, at 375° for 35 minutes or until heated through.

Nutrition Facts



PROTEIN 17.94% **FAT 48.91%** **CARBS 33.15%**

Properties

Glycemic Index:59.88, Glycemic Load:28, Inflammation Score:-6, Nutrition Score:16.001304347826%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 462.91kcal (23.15%), Fat: 24.99g (38.44%), Saturated Fat: 12.2g (76.26%), Carbohydrates: 38.1g (12.7%), Net Carbohydrates: 36.94g (13.43%), Sugar: 4.15g (4.61%), Cholesterol: 78.16mg (26.05%), Sodium: 642.55mg (27.94%), Protein: 20.62g (41.24%), Vitamin B12: 2.02µg (33.64%), Selenium: 22.76µg (32.52%), Manganese: 0.59mg (29.45%), Phosphorus: 284.08mg (28.41%), Zinc: 4.23mg (28.21%), Vitamin B6: 0.49mg (24.42%), Vitamin B3: 4.5mg (22.5%), Vitamin B2: 0.38mg (22.1%), Calcium: 216.42mg (21.64%), Iron: 3.72mg (20.67%), Vitamin C: 10.6mg (12.85%), Vitamin B1: 0.18mg (12.16%), Vitamin A: 572.63IU (11.45%), Folate: 43.81µg (10.95%), Potassium: 365.08mg (10.43%), Copper: 0.21mg (10.35%), Magnesium: 38.86mg (9.71%), Vitamin B5: 0.96mg (9.57%), Vitamin D: 0.77µg (5.14%), Fiber: 1.16g (4.64%), Vitamin E: 0.67mg (4.48%), Vitamin K: 2.88µg (2.74%)