



Ham and Brown Rice Casserole

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



203 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.5 cups ham cooked chopped
- 1 small clove garlic minced
- 1.5 cups brown rice instant
- 14 ounces chicken broth low-sodium
- 2 cups peas frozen
- 0.5 teaspoon pepper

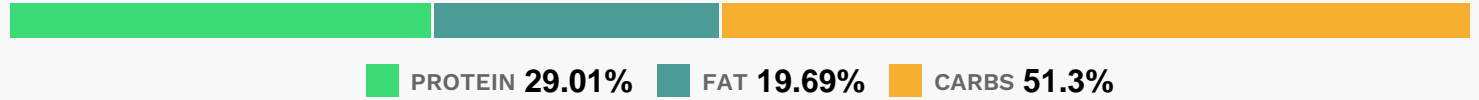
Equipment

- frying pan

Directions

- In a skillet, combine broth, ham and garlic. Bring to a boil over medium-high heat. Stir in rice and season with pepper.Reduce heat to low, cover and simmer for 10 minutes.
- Stir in peas and cook until rice is tender and peas are hot, about 7 minutes longer.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.72, Glycemic Load:1.93, Inflammation Score:-6, Nutrition Score:14.293913074162%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 202.75kcal (10.14%), Fat: 4.39g (6.75%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 25.72g (8.57%), Net Carbohydrates: 22.51g (8.18%), Sugar: 2.84g (3.16%), Cholesterol: 34.37mg (11.46%), Sodium: 568.34mg (24.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.54g (29.09%), Vitamin B1: 0.58mg (38.56%), Vitamin C: 30.46mg (36.92%), Selenium: 18.27µg (26.1%), Vitamin B3: 5.1mg (25.5%), Phosphorus: 235.93mg (23.59%), Manganese: 0.46mg (23.08%), Folate: 92µg (23%), Iron: 2.63mg (14.6%), Zinc: 2.03mg (13.54%), Fiber: 3.22g (12.86%), Vitamin B12: 0.73µg (12.17%), Vitamin B6: 0.24mg (12.09%), Vitamin B2: 0.2mg (11.92%), Vitamin K: 12.29µg (11.7%), Copper: 0.21mg (10.71%), Potassium: 317.15mg (9.06%), Magnesium: 29.92mg (7.48%), Vitamin A: 370.71IU (7.41%), Vitamin B5: 0.56mg (5.59%), Calcium: 23.93mg (2.39%)