



Ham Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



312 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes whole undrained canned
- ☐ 1 cup celery diced
- ☐ 0.3 cup olive oil
- ☐ 1 cup onion minced
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup rice uncooked
- ☐ 1.3 teaspoons salt
- ☐ 4 ounces cheddar cheese shredded

- ☐ 1 cup water boiling
- ☐ 0.8 pound finely-chopped ham cooked

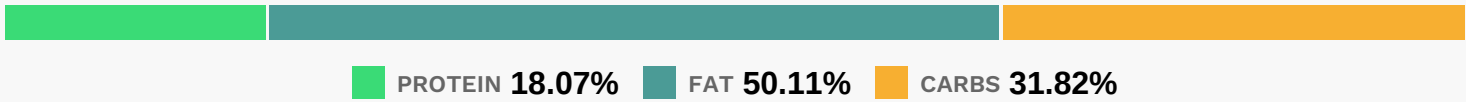
Equipment

- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Combine all ingredients in a large mixing bowl, stirring until well blended. Spoon mixture into a lightly greased 2-quart casserole. Cover and bake at 325 for 2 hours or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:27.15, Glycemic Load:12.75, Inflammation Score:-4, Nutrition Score:12.041304373223%

Flavonoids

Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 311.53kcal (15.58%), Fat: 17.4g (26.77%), Saturated Fat: 4.76g (29.77%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 23.03g (8.37%), Sugar: 3.35g (3.73%), Cholesterol: 45.22mg (15.07%), Sodium: 1028.77mg (44.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.24%), Phosphorus: 241.06mg (24.11%), Selenium: 16.39µg (23.41%), Manganese: 0.41mg (20.74%), Vitamin C: 16.51mg (20.01%), Vitamin B1: 0.3mg (19.74%), Vitamin E: 2.11mg (14.06%), Calcium: 137.84mg (13.78%), Vitamin B6: 0.27mg (13.36%), Vitamin B3: 2.58mg (12.9%), Zinc: 1.91mg (12.76%), Vitamin B2: 0.21mg (12.62%), Vitamin B12: 0.75µg (12.5%), Vitamin K: 12.39µg (11.8%), Copper: 0.22mg (10.81%), Potassium: 370.58mg (10.59%), Vitamin B5: 0.86mg (8.64%), Magnesium: 32.62mg (8.15%), Iron: 1.36mg (7.58%), Fiber: 1.83g (7.34%), Vitamin A: 309.93IU (6.2%), Folate: 21.14µg (5.28%)