



On the Go Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup olives black sliced
- 1 cup cheddar cheese cubed
- 1 cup rice white cooked
- 0.5 cup mushrooms fresh sliced
- 0.3 cup olives green sliced
- 0.5 pound sausage hot drained
- 1 cup stewed tomatoes chopped
- 1 cup kernel corn whole

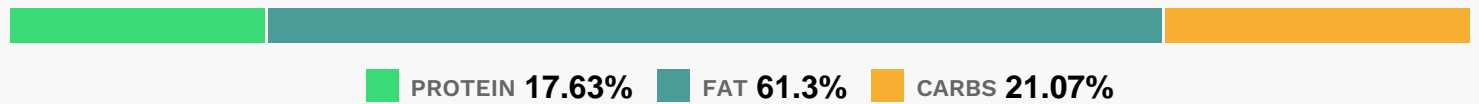
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a 2 quart casserole dish, combine the sausage, black olives, green olives, corn, tomatoes, mushrooms, cheese and rice.
- Mix all together well.
- Bake at 350 degrees F (175 degrees C) for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:12.23, Inflammation Score:-4, Nutrition Score:11.961739208387%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 410.41kcal (20.52%), Fat: 28.04g (43.14%), Saturated Fat: 10.89g (68.06%), Carbohydrates: 21.68g (7.23%), Net Carbohydrates: 20.21g (7.35%), Sugar: 2.69g (2.98%), Cholesterol: 69.07mg (23.02%), Sodium: 1011.62mg (43.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.29%), Phosphorus: 262.03mg (26.2%), Calcium: 240.34mg (24.03%), Vitamin B3: 4.06mg (20.3%), Zinc: 2.74mg (18.29%), Selenium: 12.61µg (18.01%), Vitamin B2: 0.28mg (16.25%), Vitamin B1: 0.22mg (14.68%), Vitamin B12: 0.79µg (13.1%), Vitamin B6: 0.26mg (12.91%), Manganese: 0.26mg (12.82%), Potassium: 396.9mg (11.34%), Copper: 0.22mg (10.77%), Iron: 1.83mg (10.15%), Vitamin E: 1.51mg (10.06%), Vitamin A: 501.56IU (10.03%), Vitamin B5: 0.91mg (9.07%), Magnesium: 35.02mg (8.75%), Vitamin C: 6.32mg (7.66%), Vitamin D: 0.93µg (6.2%), Folate: 24.29µg (6.07%), Fiber: 1.47g (5.89%), Vitamin K: 2.67µg (2.54%)