



Oven-Baked Risotto

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of mushroom with roasted garlic soup canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup milk
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 cup regular rice long-grain white uncooked
- ☐ 2 tablespoons sun-dried tomatoes drained chopped
- ☐ 1.5 cups water

Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 400 degrees F. Stir the rice, soup, water, milk, cheese and tomatoes in a 2-quart shallow baking dish. Cover the baking dish.
- ☐ Bake for 30 minutes. Stir the rice mixture.
- ☐ Bake, uncovered, for 10 minutes or until the rice is tender.
- ☐ Let stand for 5 minutes.
- ☐ Sprinkle with the parsley.

Nutrition Facts



Properties

Glycemic Index:26.86, Glycemic Load:15.79, Inflammation Score:-3, Nutrition Score:7.3113042919532%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 190.25kcal (9.51%), Fat: 3.95g (6.08%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 29.97g (10.9%), Sugar: 2.63g (2.93%), Cholesterol: 11.04mg (3.68%), Sodium: 455.52mg (19.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.75%), Manganese: 0.53mg (26.3%), Vitamin K: 22.81µg (21.72%), Phosphorus: 124.38mg (12.44%), Copper: 0.21mg (10.33%), Calcium: 102.97mg (10.3%), Selenium: 6.98µg (9.97%), Zinc: 1.3mg (8.64%), Vitamin B2: 0.13mg (7.38%), Potassium: 232.68mg (6.65%), Vitamin B5: 0.61mg (6.15%), Vitamin B12: 0.36µg (5.95%), Vitamin B3: 1.16mg (5.82%), Magnesium: 22.09mg (5.52%), Vitamin B6: 0.11mg (5.29%), Iron: 0.86mg (4.75%), Vitamin A: 228.81IU (4.58%), Vitamin B1: 0.07mg (4.37%), Vitamin D: 0.47µg (3.12%), Fiber: 0.75g (3.01%), Vitamin C: 2.43mg (2.94%), Folate: 9.43µg (2.36%)