



Oyster and Wild Rice Casserole

 **Gluten Free**

READY IN



45 min.

SERVINGS



12

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 tablespoons butter divided
- 10.8 ounce condensed reduced-fat reduced-sodium canned
- 1 garlic clove minced
- 0.5 cup half-and-half
- 1 dashes hot sauce
- 1.8 cups less-sodium beef broth fat-free divided
- 5 ounce rice mix long-grain wild uncooked (such as Mahatma)

- 0.5 teaspoon sea salt fine
- 2.5 tablespoons shallots minced
- 2 quarts shucked oysters drained well
- 2.5 cups water

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- slotted spoon

Directions

- Preheat oven to 350
- Bring 2 1/2 cups water and 1 1/4 cups broth to a boil in a medium saucepan; add rice mix. Cover, reduce heat, and simmer 25 minutes or until rice is tender.
- Drain well. Stir in 2 tablespoons butter and hot sauce; fluff with a fork.
- Melt remaining 1 tablespoon butter in a large skillet over medium-high heat.
- Add oysters to pan; saute 3 minutes or until edges curl.
- Remove oysters with a slotted spoon; discard remaining cooking liquid.
- Place half of rice mixture in a 13 x 9 inch baking dish coated with cooking spray. Arrange oysters evenly over rice; sprinkle with salt and black pepper. Top oysters with the remaining rice mixture.
- Heat a small saucepan over medium heat. Coat pan with cooking spray.
- Add shallots and garlic to pan; cook 1 minute, stirring occasionally. Stir in remaining 1/2 cup broth and mushroom soup; cook 2 minutes or until thoroughly heated.
- Remove from heat; stir in half-and-half.
- Pour broth mixture evenly over rice mixture.
- Bake at 350 for 40 minutes or until golden brown and bubbly.
- Garnish with parsley and crushed red pepper, if desired.

Nutrition Facts

PROTEIN 17.44% FAT 40.84% CARBS 41.72%

Properties

Glycemic Index:16.5, Glycemic Load:4.66, Inflammation Score:-2, Nutrition Score:8.033478240604%

Nutrients (% of daily need)

Calories: 108.28kcal (5.41%), Fat: 5.01g (7.71%), Saturated Fat: 2.91g (18.17%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 10.64g (3.87%), Sugar: 0.98g (1.09%), Cholesterol: 18.63mg (6.21%), Sodium: 387mg (16.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.63%), Zinc: 7.24mg (48.28%), Copper: 0.58mg (28.82%), Vitamin B12: 1.45µg (24.1%), Manganese: 0.3mg (15.06%), Phosphorus: 86mg (8.6%), Magnesium: 27.74mg (6.94%), Iron: 1.18mg (6.56%), Vitamin B3: 1.19mg (5.95%), Potassium: 200.29mg (5.72%), Selenium: 3.86µg (5.51%), Vitamin B2: 0.08mg (4.82%), Vitamin B6: 0.08mg (3.85%), Folate: 15.24µg (3.81%), Fiber: 0.88g (3.5%), Calcium: 27.56mg (2.76%), Vitamin A: 132.92IU (2.66%), Vitamin B5: 0.25mg (2.52%), Vitamin E: 0.34mg (2.26%), Vitamin B1: 0.03mg (1.77%)