



Parslied Rice Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 ounces cheddar cheese reduced-fat
- 4 cups rice long-grain cooked (without salt or fat)
- 1 egg white
- 1 tablespoon flour all-purpose
- 1 tablespoon cilantro leaves fresh chopped
- 0.3 cup parsley fresh divided minced
- 0.5 cup green onions chopped
- 0.5 teaspoon hot sauce

- 1.5 cups curd cottage cheese 1% low-fat
- 8 ounce carton nonfat yogurt plain
- 0.1 teaspoon pepper
- 0.1 teaspoon salt

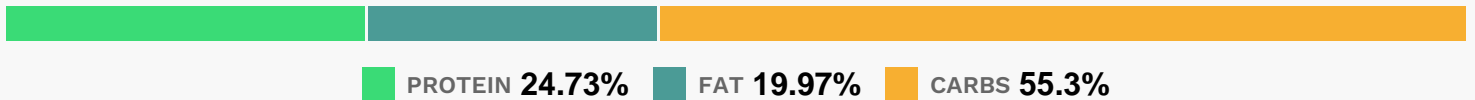
Equipment

- bowl
- oven
- baking pan

Directions

- Combine yogurt and flour in a large bowl; stir until smooth.
- Add cottage cheese and next 4 ingredients, stirring well. Stir in rice, Cheddar cheese, green onions, 3 tablespoons parsley, and cilantro.
- Spoon mixture into a 2-quart baking dish coated with cooking spray.
- Bake, uncovered, at 350 for 30 minutes or until thoroughly heated.
- Sprinkle with remaining 1 tablespoon parsley.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:16.41, Inflammation Score:-3, Nutrition Score:6.0578260901182%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 133.74kcal (6.69%), Fat: 2.91g (4.48%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 18.13g (6.04%), Net Carbohydrates: 17.74g (6.45%), Sugar: 2.4g (2.67%), Cholesterol: 8.6mg (2.87%), Sodium: 210.3mg (9.14%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.21%), Vitamin K: 29.5µg (28.1%), Selenium: 9.92µg (14.17%), Manganese: 0.27mg (13.36%), Phosphorus: 126.02mg (12.6%), Calcium: 115.35mg (11.54%), Vitamin B2: 0.15mg (8.69%), Vitamin B12: 0.37µg (6.18%), Zinc: 0.84mg (5.63%), Vitamin A: 233.4IU (4.67%), Vitamin B6: 0.09mg (4.38%), Vitamin B5: 0.43mg (4.33%), Magnesium: 15.16mg (3.79%), Folate: 14.57µg (3.64%), Potassium: 120.24mg (3.44%), Vitamin C: 2.75mg (3.33%), Copper: 0.06mg (2.83%), Vitamin B1: 0.04mg (2.4%), Iron: 0.35mg (1.93%), Vitamin B3: 0.35mg (1.76%), Fiber: 0.38g (1.54%)