



Rice and Ham Casserole

 Gluten Free

READY IN



135 min.

SERVINGS



8

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup carrots shredded
- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 1 cup ham fully cooked chopped
- ☐ 1 bell pepper green finely chopped
- ☐ 0.8 cup rice instant uncooked
- ☐ 1 teaspoon onion diced
- ☐ 1 cup cheddar cheese shredded
- ☐ 3 cups milk whole

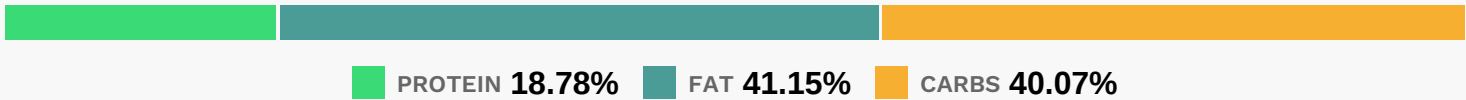
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Grease a large baking dish.
- ☐ Combine ham, Cheddar cheese, carrot, green bell pepper, instant rice, diced onion, milk, and cream of celery soup in a bowl until well mixed.
- ☐ Transfer ham mixture to the prepared baking dish; cover dish with aluminum foil.
- ☐ Bake in the preheated oven for 90 minutes.
- ☐ Remove foil and continue baking until casserole is hot and bubbly, about 30 minutes more.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:10.62, Inflammation Score:-9, Nutrition Score:12.846521678178%

Flavonoids

Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 233.94kcal (11.7%), Fat: 10.68g (16.44%), Saturated Fat: 5.13g (32.04%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 22.25g (8.09%), Sugar: 6.11g (6.79%), Cholesterol: 39.61mg (13.2%), Sodium: 499.22mg (21.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.97g (21.94%), Vitamin A: 3125.19IU (62.5%), Phosphorus: 238.37mg (23.84%), Calcium: 237.13mg (23.71%), Vitamin C: 16.29mg (19.74%), Selenium: 11.85µg (16.93%),

Manganese: 0.32mg (15.9%), Vitamin B2: 0.26mg (15.24%), Vitamin B12: 0.86µg (14.3%), Vitamin B1: 0.17mg (11.35%), Vitamin B5: 1.11mg (11.08%), Zinc: 1.5mg (10.01%), Vitamin K: 10.4µg (9.9%), Vitamin B6: 0.19mg (9.48%), Potassium: 322.69mg (9.22%), Vitamin D: 1.09µg (7.27%), Magnesium: 27.43mg (6.86%), Vitamin B3: 1.21mg (6.06%), Copper: 0.12mg (6%), Vitamin E: 0.86mg (5.74%), Fiber: 1.16g (4.64%), Iron: 0.57mg (3.17%), Folate: 10.11µg (2.53%)