

Rice Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 pound butter cubed
- 21.5 ounce cream of mushroom soup canned
- 15 ounce condensed onion soup french canned
- 2 cups rice instant

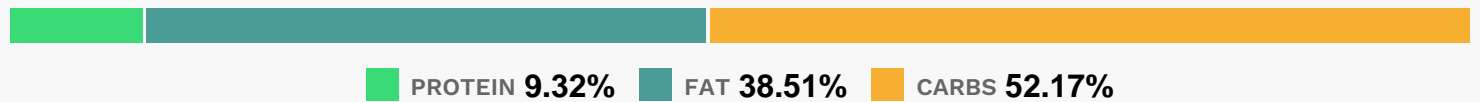
Equipment

- oven
- microwave

Directions

- In a 9x11 inch microwave safe dish, mix together the rice, French onion soup, mushroom soup and butter.
- Cook in microwave oven on high power for 10 minutes or until boiling. Decrease power to medium, stir and cook for 20 minutes.
- Serve when all liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:11.12, Glycemic Load:17.81, Inflammation Score:-2, Nutrition Score:5.0795652840448%

Nutrients (% of daily need)

Calories: 268.85kcal (13.44%), Fat: 11.41g (17.55%), Saturated Fat: 6.96g (43.53%), Carbohydrates: 34.78g (11.59%), Net Carbohydrates: 33.84g (12.31%), Sugar: 1.4g (1.55%), Cholesterol: 29.13mg (9.71%), Sodium: 726.34mg (31.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.43%), Manganese: 0.59mg (29.27%), Copper: 0.2mg (10.17%), Potassium: 310.88mg (8.88%), Selenium: 5.7µg (8.14%), Zinc: 1.08mg (7.23%), Phosphorus: 62.95mg (6.29%), Vitamin B3: 1.15mg (5.73%), Vitamin A: 283.38IU (5.67%), Vitamin B5: 0.5mg (5.03%), Vitamin B6: 0.09mg (4.27%), Iron: 0.72mg (4.03%), Fiber: 0.94g (3.77%), Magnesium: 13.74mg (3.44%), Vitamin B2: 0.06mg (3.44%), Vitamin B1: 0.04mg (2.58%), Calcium: 22.32mg (2.23%), Vitamin E: 0.3mg (2.03%), Vitamin B12: 0.12µg (1.95%), Folate: 7.57µg (1.89%)