



## Shrimp and Wild Rice Casserole

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



294 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons butter
- 1 cream of mushroom soup
- 0.5 bell pepper green seeded chopped
- 0.5 onion chopped
- 8 servings salt and pepper
- 2 cups sharp cheddar grated
- 1 pound shrimp deveined peeled
- 8 ounce rice wild

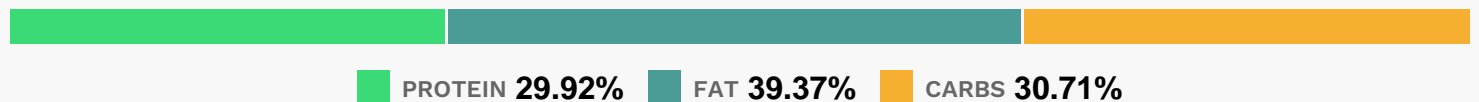
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- cake form
- glass casserole dish

## Directions

- Cook the rice according to package directions minus 1/4 cup water.
- Drain and cool.
- Bring 2 cups water and 1/2 tablespoon salt to a boil in a medium saucepan and cook the shrimp for 1 minute.
- Drain immediately and set aside.
- Heat the butter in saucepan and saute the pepper and onion until soft, about 5 minutes.
- Preheat oven to 325 degrees F.
- In a large bowl, combine the rice, soup, 1 1/2 cups of cheese, shrimp and vegetables.
- Add salt and pepper, to taste.
- Mix well. Spray a 9-inch square aluminum cake pan or an 11 by 7-inch glass casserole dish with vegetable spray.
- Place the mixture in the pan and top with remaining 1/2 cup cheese.
- Bake for 30 minutes, until bubbly.

## Nutrition Facts



## Properties

Glycemic Index:21.25, Glycemic Load:11.26, Inflammation Score:-5, Nutrition Score:11.064347852831%

## Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

## **Nutrients (% of daily need)**

Calories: 294.07kcal (14.7%), Fat: 13.06g (20.09%), Saturated Fat: 7.33g (45.83%), Carbohydrates: 22.92g (7.64%), Net Carbohydrates: 20.92g (7.61%), Sugar: 1.27g (1.42%), Cholesterol: 127.07mg (42.36%), Sodium: 471.89mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.33g (44.66%), Phosphorus: 377.83mg (37.78%), Calcium: 245.26mg (24.53%), Zinc: 3.51mg (23.42%), Manganese: 0.42mg (20.86%), Magnesium: 79.17mg (19.79%), Copper: 0.39mg (19.38%), Selenium: 8.86µg (12.65%), Vitamin B2: 0.2mg (12%), Vitamin B3: 1.97mg (9.85%), Potassium: 316.58mg (9.05%), Folate: 35.03µg (8.76%), Vitamin A: 403.57IU (8.07%), Fiber: 2g (8%), Vitamin C: 6.49mg (7.86%), Vitamin B6: 0.16mg (7.77%), Iron: 0.94mg (5.21%), Vitamin B12: 0.31µg (5.09%), Vitamin B5: 0.44mg (4.41%), Vitamin E: 0.55mg (3.7%), Vitamin B1: 0.05mg (3.23%), Vitamin K: 2.04µg (1.94%), Vitamin D: 0.17µg (1.13%)