



Shrimp-and-Wild Rice Casserole

READY IN

ready

75 min.

SERVINGS

servings

12

CALORIES

calories

563 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.3 oz almonds sliced
- ☐ 2 cups breadcrumbs fresh soft
- ☐ 0.3 cup butter
- ☐ 16 oz water chestnuts drained chopped canned
- ☐ 4 rib celery chopped
- ☐ 21.5 oz cream of mushroom soup canned
- ☐ 1 cup cooking wine dry white
- ☐ 8 oz monterrey jack cheese shredded
- ☐ 2 medium onions chopped

- ☐ 2 cups parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 12.4 oz fast-cooking and rice mix long-grain wild
- ☐ 2 pounds shrimp raw deveined peeled
- ☐ 0.5 teaspoon salt
- ☐ 8 oz cup heavy whipping cream sour

Equipment

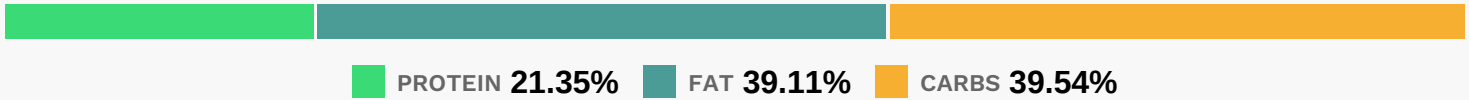
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Bake almonds in a single layer in a shallow pan 4 to 6 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Prepare rice mixes according to package directions.
- ☐ Meanwhile, melt butter in a large skillet over medium heat; add celery and onions. Saut 10 minutes or until tender. Stir in shrimp, next 6 ingredients, rice, and 1 1/2 cups of each cheese. Spoon mixture into a lightly greased 15- x 10-inch baking dish or 2 (11- x 7-inch) baking dishes. Top with breadcrumbs.
- ☐ Bake at 350 for 35 minutes.
- ☐ Sprinkle with remaining 1/2 cup of each cheese, and top with toasted almonds.
- ☐ Bake 5 minutes.
- ☐ To Make Ahead: Prepare as directed in Steps 2 and Cover with aluminum foil, and freeze up to 1 month.
- ☐ Remove from freezer, and let stand at room temperature 1 hour. Toast almonds as directed in Step

- ☐ Bake casserole, covered, at 350 for 30 minutes. Uncover and bake 55 minutes to 1 hour and 15 minutes or until thoroughly heated.
- ☐ Sprinkle with 1/2 cup shredded Monterey Jack cheese, 1/2 cup grated Parmesan cheese, and toasted almonds.
- ☐ Bake 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:16.08, Glycemic Load:0.55, Inflammation Score:-7, Nutrition Score:23.080434669619%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 563.32kcal (28.17%), Fat: 23.82g (36.64%), Saturated Fat: 11.71g (73.19%), Carbohydrates: 54.18g (18.06%), Net Carbohydrates: 50.23g (18.27%), Sugar: 4.54g (5.05%), Cholesterol: 150.43mg (50.14%), Sodium: 1467.53mg (63.81%), Alcohol: 2.06g (100%), Alcohol %: 0.83% (100%), Protein: 29.26g (58.52%), Selenium: 47.88µg (68.4%), Phosphorus: 514.57mg (51.46%), Manganese: 0.89mg (44.36%), Calcium: 413.93mg (41.39%), Vitamin B1: 0.51mg (33.92%), Folate: 132.98µg (33.24%), Vitamin B3: 5.55mg (27.74%), Zinc: 3.77mg (25.15%), Copper: 0.48mg (23.8%), Iron: 4.27mg (23.71%), Vitamin B12: 1.41µg (23.55%), Vitamin B2: 0.37mg (21.79%), Vitamin E: 3mg (20%), Vitamin B6: 0.37mg (18.47%), Magnesium: 66.34mg (16.59%), Fiber: 3.94g (15.78%), Vitamin A: 663.88IU (13.28%), Potassium: 414.82mg (11.85%), Vitamin B5: 0.86mg (8.61%), Vitamin K: 3.32µg (3.16%), Vitamin C: 2.29mg (2.78%), Vitamin D: 0.27µg (1.82%)