



 **69%**  
HEALTH SCORE

## Skinny Spinach and Rice Casserole

 **Gluten Free**  **Very Healthy**

READY IN



**60 min.**

SERVINGS



**8**

CALORIES



**181 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 teaspoons olive oil
- 1.5 cups carrots chopped
- 0.7 cup celery chopped
- 0.5 cup onion chopped
- 1 clove garlic finely chopped
- 1.8 cups water
- 10.8 oz cream of mushroom soup fat-free 98% canned
- 18 oz spinach frozen thawed drained chopped

- 1.5 cups quick-cooking brown rice instant uncooked
- 1 teaspoon seasoning italian
- 0.5 teaspoon pepper
- 1 cup finely-chopped ham diced cooked
- 3 oz cheddar cheese shredded reduced-fat
- 0.3 cup parmesan cheese grated

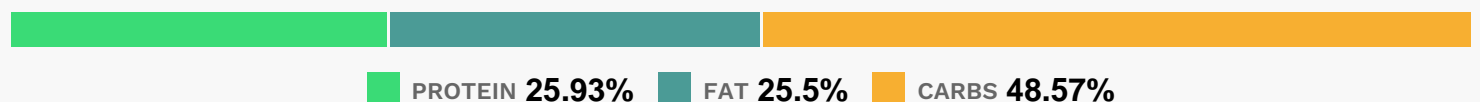
## Equipment

- sauce pan
- oven
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In 3-quart saucepan, heat oil over medium-high heat.
- Add carrots, celery, onion and garlic; cook 5 minutes, stirring occasionally.
- Add water and soup; heat to boiling.
- Add spinach, rice, Italian seasoning and pepper; return to boiling.
- Remove from heat; stir in ham, 1/4 cup of the Cheddar cheese and the Parmesan cheese.
- Spread in baking dish. Cover with foil.
- Bake 30 to 35 minutes or until bubbly.
- Sprinkle with remaining 1/2 cup Cheddar cheese.
- Let stand uncovered 5 minutes or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:21.6, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:22.574782503688%

## Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

## Nutrients (% of daily need)

Calories: 181kcal (9.05%), Fat: 5.22g (8.04%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 22.39g (7.46%), Net Carbohydrates: 19.04g (6.92%), Sugar: 2.17g (2.41%), Cholesterol: 17.17mg (5.72%), Sodium: 628.25mg (27.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.91%), Vitamin K: 245.46µg (233.77%), Vitamin A: 11581.03IU (231.62%), Manganese: 0.82mg (41.13%), Folate: 151.4µg (37.85%), Selenium: 15.44µg (22.05%), Vitamin B1: 0.32mg (21.16%), Phosphorus: 188.3mg (18.83%), Calcium: 180.32mg (18.03%), Magnesium: 64.83mg (16.21%), Iron: 2.89mg (16.07%), Vitamin B2: 0.26mg (15.38%), Vitamin E: 2.25mg (15.02%), Fiber: 3.35g (13.42%), Vitamin B3: 2.6mg (12.98%), Potassium: 445.12mg (12.72%), Vitamin B6: 0.25mg (12.35%), Copper: 0.25mg (12.32%), Zinc: 1.75mg (11.69%), Vitamin C: 9.34mg (11.32%), Vitamin B12: 0.35µg (5.91%), Vitamin B5: 0.46mg (4.6%)