



Snow on the Mountain II

READY IN



40 min.

SERVINGS



8

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup celery chopped
- ☐ 3 cups chicken broth
- ☐ 10 ounce chow mein noodles canned
- ☐ 0.5 cup coconut or shredded
- ☐ 21.5 ounce cream of chicken soup canned
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup green onions chopped
- ☐ 4 ounce pimento peppers diced drained
- ☐ 20 ounce pineapple chunks drained canned

- ☐ 2 cups rice long-grain uncooked
- ☐ 1 cup cheddar cheese shredded
- ☐ 0.5 cup slivered almonds
- ☐ 3 tomatoes sliced

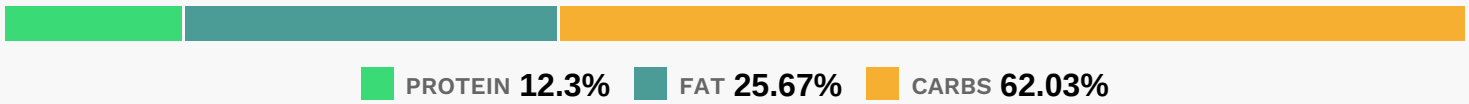
Equipment

- ☐ sauce pan

Directions

- ☐ In a saucepan bring 4 cups water to a boil.
- ☐ Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- ☐ In a medium saucepan over medium heat, combine chicken soup and broth. Stir and simmer for 8 to 10 minutes, or until heated through.
- ☐ On 8 plates layer cooked rice, chow mein noodles, chicken soup mixture, tomatoes, celery, green pepper, green onion, pineapple, cheese and more chicken soup mixture. Top with almonds, coconut and pimentos.

Nutrition Facts



Properties

Glycemic Index:38.52, Glycemic Load:25.69, Inflammation Score:-8, Nutrition Score:17.314347870972%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 544.07kcal (27.2%), Fat: 15.64g (24.06%), Saturated Fat: 5.88g (36.75%), Carbohydrates: 85.03g (28.34%), Net Carbohydrates: 78.92g (28.7%), Sugar: 14.46g (16.07%), Cholesterol: 21.98mg (7.33%), Sodium: 1195.84mg (51.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.87g (33.74%), Manganese: 0.93mg (46.31%), Vitamin C: 37.02mg (44.87%), Vitamin K: 26.43µg (25.17%), Vitamin A: 1231.48IU (24.63%), Fiber: 6.12g (24.47%), Copper: 0.44mg (21.79%), Phosphorus: 209.35mg (20.94%), Selenium: 13.96µg (19.95%), Iron: 3.54mg (19.64%), Vitamin E: 2.83mg (18.86%), Vitamin B2: 0.3mg (17.57%), Calcium: 173.29mg (17.33%), Magnesium: 59.4mg (14.85%), Potassium: 475.47mg (13.58%), Vitamin B6: 0.26mg (12.94%), Vitamin B1: 0.19mg (12.38%), Zinc: 1.81mg (12.04%), Vitamin B3: 2.21mg (11.05%), Folate: 33.39µg (8.35%), Vitamin B5: 0.82mg (8.16%), Vitamin B12: 0.17µg (2.79%)