

Spinach Rice

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 10.8 ounce cream of chicken soup undiluted canned
- 10 ounce pkt spinach frozen thawed drained chopped
- 0.3 teaspoon ground pepper black
- 2 jalapeño peppers fresh seeded chopped
- 0.3 cup milk
- 0.5 cup onion chopped
- 4 ounces processed cheese food cubed

- 0.5 teaspoon salt
- 0.7 cup water
- 0.3 cup rice long grain white uncooked

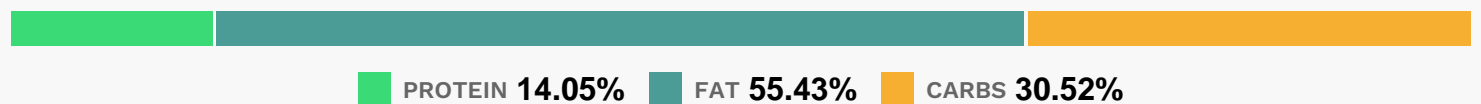
Equipment

- bowl
- frying pan
- oven
- pot
- baking pan

Directions

- In a pot, bring the rice and water to a boil. Cover, reduce heat to low, and simmer 20 minutes.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- In a bowl, mix the soup, milk, jalapeno peppers, salt, and pepper.
- Melt the butter in a large skillet over medium-low heat, and cook the onion until tender.
- Mix in the cooked rice and spinach.
- Pour the soup mixture into the skillet, and continue cooking until heated through.
- Mix in the cubed processed cheese, and transfer to the prepared baking dish.
- Bake 25 minutes in the preheated oven, until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:51.7, Glycemic Load:7.22, Inflammation Score:-10, Nutrition Score:18.398260935493%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

0.09mg, Kaempferol: 0.09mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 213.5kcal (10.68%), Fat: 13.42g (20.65%), Saturated Fat: 6.91g (43.2%), Carbohydrates: 16.62g (5.54%), Net Carbohydrates: 14.74g (5.36%), Sugar: 2.27g (2.52%), Cholesterol: 34.22mg (11.41%), Sodium: 937.52mg (40.76%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.65g (15.31%), Vitamin K: 179.76µg (171.2%), Vitamin A: 5995.6IU (119.91%), Calcium: 286.97mg (28.7%), Manganese: 0.52mg (26%), Folate: 75.81µg (18.95%), Phosphorus: 188.46mg (18.85%), Vitamin E: 2.09mg (13.94%), Selenium: 9.5µg (13.57%), Magnesium: 48.71mg (12.18%), Vitamin B2: 0.2mg (11.83%), Vitamin C: 9.17mg (11.12%), Iron: 1.68mg (9.35%), Copper: 0.18mg (8.86%), Potassium: 273.7mg (7.82%), Fiber: 1.88g (7.53%), Vitamin B6: 0.15mg (7.52%), Zinc: 1.07mg (7.16%), Vitamin B12: 0.35µg (5.77%), Vitamin B1: 0.08mg (5%), Vitamin B5: 0.4mg (3.98%), Vitamin B3: 0.71mg (3.53%), Vitamin D: 0.23µg (1.5%)