

Creamy Rice Pilaf

Philadelphia Cream Cheese Favorite Recipes (1988)
1988 Kraft Inc.

Servings: 6

2 beef bouillon cubes
2 1/4 cups boiling water
1 cup regular long grain rice
1 cup carrots, sliced
2 tablespoons green onions, sliced
1 tablespoon margarine
1/2 teaspoon dill weed
1 package (8 ounce) cream cheese,
cubed
2 tablespoons mayonnaise

In a saucepan, dissolve the bouillon in water.
Add the rice, carrots, green onions, margarine
and dill weed. Cover.

Simmer for 20 minutes or until the water is
absorbed and the rice is tender. Remove from
the heat.

Add the cream cheese and mayonnaise. Stir
until the cream cheese is melted.

Per Serving (excluding unknown
items): 198 Calories; 19g Fat
(85.9% calories from fat); 3g
Protein; 4g Carbohydrate; 1g
Dietary Fiber; 44mg Cholesterol;
377mg Sodium. Exchanges: 0
Grain(Starch); 1/2 Lean Meat; 1/2
Vegetable; 3 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	198
% Calories from Fat:	85.9%
% Calories from Carbohydrates:	7.3%
% Calories from Protein:	6.8%
Total Fat (g):	19g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	44mg
Carbohydrate (g):	4g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	377mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	10mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1/2

Potassium (mg): 132mg
Calcium (mg): 44mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 6690IU
Vitamin A (r.e.): 791 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 198 Calories from Fat: 170

% Daily Values*

Total Fat	19g	30%
Saturated Fat	9g	47%
Cholesterol	44mg	15%
Sodium	377mg	16%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	3%
Protein	3g	

Vitamin A	134%
Vitamin C	4%
Calcium	4%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.