

# Noodle-Rice Casserole

Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL

## Servings: 6

1 package (4 ounce) extremely fine  
noodles  
1/2 cup butter  
1 cup regular long grain rice,  
uncooked  
1 cup (about) chicken broth  
1 can (10-1/2 ounce) onion soup  
2 tablespoons soy sauce  
sliced toasted almonds

Preheat the oven to 325 degrees.

In a saucepan, saute' the raw noodles in butter  
until just golden.

Add the rice, broth, onion soup and soy sauce.  
Cover and simmer until the rice is done, about  
30 minutes, adding a little more broth if  
necessary to keep the rice moist.

Turn the mixture into a buttered casserole.  
Sprinkle with almonds.

Bake, uncovered, for 30 minutes.

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Per Serving (excluding unknown  
items): 155 Calories; 16g Fat  
(90.1% calories from fat); 2g  
Protein; 2g Carbohydrate; trace  
Dietary Fiber; 41mg Cholesterol;  
802mg Sodium. Exchanges: 0  
Lean Meat; 1/2 Vegetable; 3 Fat.

Pasta, Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	155
% Calories from Fat:	90.1%
% Calories from Carbohydrates:	5.1%
% Calories from Protein:	4.8%
Total Fat (g):	16g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	41mg
Carbohydrate (g):	2g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	5mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

Dietary Fiber (g): trace  
 Protein (g): 2g  
 Sodium (mg): 802mg  
 Potassium (mg): 61mg  
 Calcium (mg): 12mg  
 Iron (mg): trace  
 Zinc (mg): trace  
 Vitamin C (mg): trace  
 Vitamin A (i.u.): 578IU  
 Vitamin A (r.e.): 143RE

Grain (Starch): 0  
 Lean Meat: 0  
 Vegetable: 1/2  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 3  
 Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 155                      Calories from Fat: 139

### % Daily Values\*

**Total Fat** 16g 24%  
     Saturated Fat 10g 48%  
**Cholesterol** 41mg 14%  
**Sodium** 802mg 33%  
**Total Carbohydrates** 2g 1%  
     Dietary Fiber trace 1%  
**Protein** 2g

**Vitamin A** 12%  
**Vitamin C** 0%  
**Calcium** 1%  
**Iron** 2%

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