

Rice Casserole

Betty Baird - Utica, KY
Southern Living - 1987 Annual Recipes

Servings: 6

1 can (10-1/2 ounce) beef
consomme', undiluted
1 can (10-1/2 ounce) French onion
soup, undiluted
2 tablespoons butter or margarine,
melted
1 cup uncooked long-grain rice
1/2 cup onion, chopped
1/2 cup golden raisins
1/2 cup chopped cashews
1 tablespoon butter or margarine,
melted

Preheat the oven to 350 degrees.

In a lightly greased 10x6x2-inch baking dish,
combine the consomme', onion soup, butter and
rice. Cover.

Bake for one hour or until all of the liquid is
absorbed.

In a saucepan, saute' the onions, raisins and
cashews in one tablespoon of butter until the
onion is tender.

Sprinkle the mixture over the cooked rice.

Per Serving (excluding unknown
items): 97 Calories; 6g Fat (50.7%
calories from fat); 1g Protein; 12g
Carbohydrate; 1g Dietary Fiber;
16mg Cholesterol; 61mg Sodium.
Exchanges: 0 Vegetable; 1/2 Fruit;
1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	97
% Calories from Fat:	50.7%
% Calories from Carbohydrates:	46.7%
% Calories from Protein:	2.6%
Total Fat (g):	6g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	16mg
Carbohydrate (g):	12g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 1g
 Protein (g): 1g
 Sodium (mg): 61mg
 Potassium (mg): 125mg
 Calcium (mg): 12mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 1mg
 Vitamin A (i.u.): 223IU
 Vitamin A (r.e.): 54RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 97 Calories from Fat: 49

% Daily Values*

Total Fat	6g	9%
Saturated Fat	4g	18%
Cholesterol	16mg	5%
Sodium	61mg	3%
Total Carbohydrates	12g	4%
Dietary Fiber	1g	3%
Protein	1g	

Vitamin A	4%
Vitamin C	2%
Calcium	1%
Iron	2%

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