

Rice-Mushroom Bake

Rosemary Balchak

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

4 tablespoons margarine
1 cup regular uncooked rice
1 can (7 ounce) mushrooms, drained
1 can (10-3/4 ounce) condensed beef
bouillon
1 can (10-3/4 ounce) condensed
onion soup

Preheat the oven to 350 degrees.

In a 1-1/2-quart ovenproof dish, saute' the rice
and mushrooms in margarine until the rice is
browned.

Add the bouillon and soup.

Cover and bake for 50 minutes.

Remove the cover and stir.

Bake, uncovered, for 10 minutes longer.

Per Serving (excluding unknown
items): 87 Calories; 8g Fat (80.8%
calories from fat); 1g Protein; 3g
Carbohydrate; trace Dietary Fiber;
0mg Cholesterol; 442mg Sodium.
Exchanges: 1/2 Vegetable; 1 1/2
Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	87
% Calories from Fat:	80.8%
% Calories from Carbohydrates:	13.0%
% Calories from Protein:	6.2%
Total Fat (g):	8g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	3g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	442mg	Vegetable:	1/2
Potassium (mg):	38mg	Fruit:	0
Calcium (mg):	12mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1 1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	336IU		
Vitamin A (r.e.):	75RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 87 Calories from Fat: 71

% Daily Values*

Total Fat	8g	13%
Saturated Fat	1g	7%
Cholesterol	0mg	0%
Sodium	442mg	18%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	1%
Protein	1g	

Vitamin A	7%
Vitamin C	1%
Calcium	1%
Iron	1%

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