

# M-M-Good Baked Rice

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

## Servings: 4

*1/3 cup butter or margarine*  
*1 can (3-1/2 ounce) mushroom stems*  
*and pieces*  
*1 cup rice, uncooked*  
*1 can (10 ounce) onion soup*  
*1 can (10 ounce) beef consomme'*

Preheat the oven to 350 degrees.

In a small skillet, saute' the mushrooms in butter.

In a bowl, stir the remaining ingredients together.  
Add the mushrooms.

Pour the mixture into a greased 1-1/2 quart  
casserole. Let stand for 10 minutes.

Bake for one hour.

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Per Serving (excluding unknown  
items): 322 Calories; 16g Fat  
(44.6% calories from fat); 5g  
Protein; 40g Carbohydrate; 1g  
Dietary Fiber; 41mg Cholesterol;  
421mg Sodium. Exchanges: 2 1/2  
Grain(Starch); 1 Vegetable; 3 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	322
% Calories from Fat:	44.6%
% Calories from Carbohydrates:	49.5%
% Calories from Protein:	5.9%
Total Fat (g):	16g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	41mg
Carbohydrate (g):	40g
Dietary Fiber (g):	1g
Protein (g):	5g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

## Food Exchanges

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

**Sodium (mg):** 421mg  
**Potassium (mg):** 140mg  
**Calcium (mg):** 25mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 572IU  
**Vitamin A (r.e.):** 141 1/2RE

**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 3  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 322 Calories from Fat: 144

### % Daily Values\*

<b>Total Fat</b> 16g	25%
Saturated Fat 10g	48%
<b>Cholesterol</b> 41mg	14%
<b>Sodium</b> 421mg	18%
<b>Total Carbohydrates</b> 40g	13%
Dietary Fiber 1g	4%
<b>Protein</b> 5g	
<b>Vitamin A</b>	11%
<b>Vitamin C</b>	2%
<b>Calcium</b>	2%
<b>Iron</b>	13%

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