

Rice Jalapeno

Mrs. Raymond G. Post

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 10

2 1/3 cups raw rice
1/2 cup margarine
3/4 cup green onions (tops and bottoms), chopped
1/2 teaspoon oregano
1/4 cup Parmesan or Romano cheese, grated
1 roll jalapeno cheese salt (to taste)

Preheat the oven to 400 degrees.

Cook the rice according to package directions.

In a saucepan, melt the margarine. Add the chopped onions and simmer until soft. Add the Parmesan cheese. Pour over the cooked rice and toss lightly with a fork.

Cut one-half of the jalapeno cheese roll into small cubes. Toss with the rice.

Pour the rice mixture into a greased two-quart casserole. Arrange slices of the remaining jalapeno cheese on top of the rice.

Bake in the oven until the cheese melts.

(This casserole made be made the day before and heated just before serving.)

Per Serving (excluding unknown items): 92 Calories; 10g Fat (95.5% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 151mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	92	Vitamin B6 (mg):	trace
% Calories from Fat:	95.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	1.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.4%	Riboflavin B2 (mg):	trace

Total Fat (g):	10g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	3mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	151mg
Potassium (mg):	9mg
Calcium (mg):	5mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	409IU
Vitamin A (r.e.):	91RE

Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 92 Calories from Fat: 88

% Daily Values*

Total Fat 10g	15%
Saturated Fat 2g	10%
Cholesterol 3mg	1%
Sodium 151mg	6%
Total Carbohydrates trace	0%
Dietary Fiber trace	0%
Protein 1g	
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Vitamin A	8%
Vitamin C	0%
Calcium	0%
Iron	0%

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