

# Rice and Corn Dressing

Mrs. Ronald A. Coco

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

## Servings: 8

2 cups raw rice, washed  
 1/2 cup bacon grease  
 1/2 cup celery, chopped  
 1/2 cup bell pepper, chjo  
 1/2 cup parsley, chopped  
 1 cup onion, chopped  
 1 can (12 ounce) Mexican corn with  
 peppers, drained  
 1 cup chopped almonds or pecans  
 2 cans (10-1/2 ounce ea) chicken  
 broth  
 salt  
 red pepper

In a twelve-inch skillet, lightly brown (don't burn)  
 the rice in bacon grease.

Add the celery, bell pepper, parsley and onion.  
 Cook slowly until wilted.

Add the corn and nuts. Stir in the broth. Add the  
 salt and red pepper to taste. Cover and cook on  
 low heat until dry and tender, about 20 to 30  
 minutes.

(Marvelous dish for a buffet. It may easily be  
 doubled.)

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Per Serving (excluding unknown  
 items): 141 Calories; 14g Fat  
 (86.5% calories from fat); 2g  
 Protein; 3g Carbohydrate; 1g  
 Dietary Fiber; 13mg Cholesterol;  
 272mg Sodium. Exchanges: 0  
 Lean Meat; 1/2 Vegetable; 2 1/2  
 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	141
% Calories from Fat:	86.5%
% Calories from Carbohydrates:	8.7%
% Calories from Protein:	4.8%
Total Fat (g):	14g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	13mg
Carbohydrate (g):	3g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	15mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

### Food Exchanges

**Dietary Fiber (g):** 1g  
**Protein (g):** 2g  
**Sodium (mg):** 272mg  
**Potassium (mg):** 142mg  
**Calcium (mg):** 15mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 15mg  
**Vitamin A (i.u.):** 264IU  
**Vitamin A (r.e.):** 26 1/2RE

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

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## Nutrition Facts

Servings per Recipe: 8

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### Amount Per Serving

**Calories** 141 Calories from Fat: 122

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#### % Daily Values\*

<b>Total Fat</b>	14g	21%
Saturated Fat	6g	30%
<b>Cholesterol</b>	13mg	4%
<b>Sodium</b>	272mg	11%
<b>Total Carbohydrates</b>	3g	1%
Dietary Fiber	1g	3%
<b>Protein</b>	2g	

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<b>Vitamin A</b>	5%
<b>Vitamin C</b>	25%
<b>Calcium</b>	2%
<b>Iron</b>	3%

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