

# Ham and Rice Casserole II

*Mrs. J. Noland Singletary*

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

## Servings: 5

*3/4 cup rice*

*1/2 cup onions, chopped*

*2 tablespoons cooking oil*

*2 cups cooked ham*

*1 cup green beans*

*1 can (10-3/4 ounce) beef broth*

*1/2 cup water*

Preheat the oven to 350 degrees.

In a saucepan, cook the rice and onions in oil until lightly browned, stirring frequently.

Add the ham, beans, broth and water. Heat to boiling.

Turn the mixture into a two-quart casserole dish. Cover.

Bake for 45 minutes or until the rice is done.

Stir just before serving.

---

Per Serving (excluding unknown items): 261 Calories; 11g Fat (39.7% calories from fat); 12g Protein; 27g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 715mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Pork

## Per Serving Nutritional Analysis

Calories (kcal):	261
% Calories from Fat:	39.7%
% Calories from Carbohydrates:	41.6%
% Calories from Protein:	18.7%
Total Fat (g):	11g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	31mg
	27g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.4mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	15mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

## Food Exchanges

**Carbohydrate (g):**  
**Dietary Fiber (g):** 1g  
**Protein (g):** 12g  
**Sodium (mg):** 715mg  
**Potassium (mg):** 282mg  
**Calcium (mg):** 23mg  
**Iron (mg):** 2mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 20mg  
**Vitamin A (i.u.):** 147IU  
**Vitamin A (r.e.):** 14 1/2RE

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

## Nutrition Facts

Servings per Recipe: 5

### Amount Per Serving

**Calories** 261 Calories from Fat: 104

### % Daily Values\*

<b>Total Fat</b>	11g	18%
Saturated Fat	3g	13%
<b>Cholesterol</b>	31mg	10%
<b>Sodium</b>	715mg	30%
<b>Total Carbohydrates</b>	27g	9%
Dietary Fiber	1g	6%
<b>Protein</b>	12g	

<b>Vitamin A</b>	3%
<b>Vitamin C</b>	33%
<b>Calcium</b>	2%
<b>Iron</b>	11%

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