

Ham and Rice Casserole

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

Servings: 8

1 package (6 ounce) long grain and wild rice
1 package (10 ounce) frozen chopped broccoli
3 cups cooked ham, cubed
1 can (4-1/2 ounce) sliced mushrooms, drained
1 can (8 ounce) sliced water chestnuts, drained
1 can cream of celery soup
1 cup light mayonnaise
1 teaspoon curry powder
2 teaspoons prepared mustard
1/4 cup Parmesan cheese, grated
1 cup Cheddar cheese, grated

Preheat the oven to 350 degrees.

Cook the rice and broccoli according to package directions.

Spread the rice in a buttered 13x9-inch baking dish. Top with the well drained broccoli.

In a bowl, combine the ham, mushrooms, water chestnuts, soup, mayonnaise, curry, mustard and Cheddar cheese. Spread over the broccoli. Sprinkle with Parmesan.

Bake for 45 to 50 minutes.

This casserole can be prepared the day before and baked before serving. It freezes well.

Per Serving (excluding unknown items): 245 Calories; 17g Fat (63.6% calories from fat); 14g Protein; 8g Carbohydrate; trace Dietary Fiber; 58mg Cholesterol; 1085mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 1/2 Other Carbohydrates.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	245	Vitamin B6 (mg):	.2mg
% Calories from Fat:	63.6%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	13.6%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	22.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	17g	Folacin (mcg):	7mcg
Saturated Fat (g):	6g	Niacin (mg):	3mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	58mg
Carbohydrate (g):	8g
Dietary Fiber (g):	trace
Protein (g):	14g
Sodium (mg):	1085mg
Potassium (mg):	241mg
Calcium (mg):	148mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	14mg
Vitamin A (i.u.):	211IU
Vitamin A (r.e.):	55RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	245	Calories from Fat:	156
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% Daily Values*

Total Fat	17g	27%
Saturated Fat	6g	32%
Cholesterol	58mg	19%
Sodium	1085mg	45%
Total Carbohydrates	8g	3%
Dietary Fiber	trace	1%
Protein	14g	

Vitamin A	4%
Vitamin C	24%
Calcium	15%
Iron	5%

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