

Rice Cheese Bake

Recipe Type: Main Dish

Serves: 6

Prep Time: 15 minutes

Cooking Time: 50 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- ½ C white rice, uncooked
- Cooking spray
- 2 eggs
- 2 T low fat margarine
- 1 C plain breadcrumbs
- 1 C non-fat dry milk
- 1 C low-fat cheddar cheese, shredded
- 1 small red onion, chopped



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Preheat oven to 325°F.
3. Cook the rice according to the package.
4. Grease a 9x9 inch baking pan.
5. Mix the rice, eggs, margarine, breadcrumbs, milk, cheese and onion in a large bowl.
6. Pour into the baking pan. Bake 40–50 minutes or until golden brown.
7. Cut into 6 pieces.
8. Serve warm and enjoy!

Contains: Milk, Egg, and Wheat

Nutrition Facts

6 servings per container

Serving size 1 piece (142g)

Amount per serving

Calories 260

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 410mg 18%

Total Carbohydrate 35g 13%

Dietary Fiber 1g 4%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 15g

Vitamin D 2mcg 10%

Calcium 277mg 20%

Iron 2mg 10%

Potassium 334mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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