

Green Bean and Rice Casserole

6 servings

Ingredientes:

- 1/2 cup onion (chopped)
- 2 teaspoons vegetable oil
- 1/2 cup rice (uncooked)
- 1 can low-sodium green beans (drained, about 15 ounces)
- 1 can low-sodium tomatoes (diced, about 15 ounces)
- 1 cup water



Preparación:

1. In a medium-size pan, cook onions in vegetable oil until they start to turn light brown.
2. Add the rice, green beans, tomatoes, and water.
3. Bring to a boil.
4. Cover the pot with a lid and cook over low heat for 10 minutes.

Source: Adapted from a recipe by Healthy Diabetes Recipes and More, South Dakota Diabetes Control Program.

Nutrition Facts	
servings per container	
Serving size	(210g)
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 1mg	6%
Potassium 88mg	2%

*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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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