



Caitlin's Mexican Rice

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup cheddar cheese grated
- ☐ 4 ounce chilies green chopped canned
- ☐ 1 cup monterrey jack cheese grated
- ☐ 1 cup olives divided ripe sliced
- ☐ 0.3 teaspoon salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 3 cups water
- ☐ 1.5 cups rice white uncooked

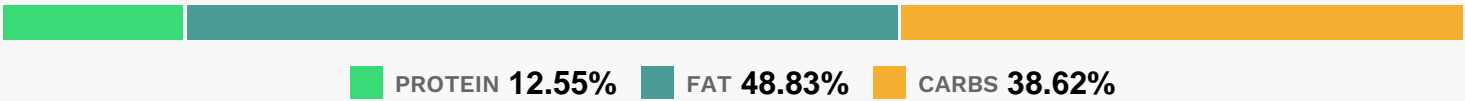
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Combine sour cream, green chilies, and salt in a small bowl.
- ☐ Layer 1/2 of the cooked rice on the bottom of a 1 1/2 quart baking dish.
- ☐ Spread the sour cream mixture over the rice, and sprinkle the Monterey Jack cheese evenly on top.
- ☐ Layer half of the olives, followed by the remaining cooked rice and the Cheddar cheese. Decorate the top of the casserole with the remaining olives.
- ☐ Bake in the preheated oven until the cheese has melted, 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:11.21, Inflammation Score:-3, Nutrition Score:4.9391304669173%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 214.76kcal (10.74%), Fat: 11.65g (17.92%), Saturated Fat: 5.81g (36.33%), Carbohydrates: 20.73g (6.91%), Net Carbohydrates: 19.75g (7.18%), Sugar: 1.13g (1.26%), Cholesterol: 29.11mg (9.7%), Sodium: 383.56mg (16.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.47%), Calcium: 170.31mg (17.03%), Manganese: 0.26mg

(12.79%), Phosphorus: 126.55mg (12.65%), Selenium: 8.33µg (11.9%), Vitamin B2: 0.12mg (7.21%), Vitamin A: 330.39IU (6.61%), Zinc: 0.95mg (6.36%), Copper: 0.08mg (4.17%), Vitamin E: 0.62mg (4.15%), Fiber: 0.98g (3.93%), Magnesium: 14.61mg (3.65%), Vitamin B12: 0.22µg (3.64%), Vitamin B5: 0.36mg (3.6%), Vitamin B6: 0.06mg (3.16%), Vitamin B3: 0.43mg (2.14%), Potassium: 70.17mg (2%), Iron: 0.34mg (1.87%), Vitamin B1: 0.03mg (1.77%), Folate: 7.01µg (1.75%), Vitamin C: 1.31mg (1.58%)