

California Casserole

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



557 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings pepper black to taste
- ☐ 2 cups chicken stock see
- ☐ 8 ounce chiles diced green canned
- ☐ 0.5 cup green onions chopped
- ☐ 0.8 cup rice long grain uncooked
- ☐ 4 cups monterrey jack cheese shredded
- ☐ 0.5 teaspoon salt
- ☐ 2 cups cup heavy whipping cream sour

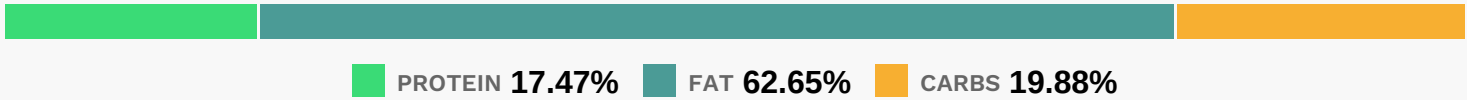
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease 1 1/2 quart casserole dish.
- ☐ Bring chicken stock to a boil in a saucepan over medium heat.
- ☐ Add rice, reduce heat to low, and cook until the liquid is absorbed, about 20 minutes. In a medium bowl, mix together the sour cream, green chilies, green onion, salt and pepper. Set aside.
- ☐ Spread half of the rice into the bottom of the prepared pan.
- ☐ Spread with half of the sour cream mixture, and then half of the cheese. Repeat layers ending with cheese on top.
- ☐ Bake uncovered for 45 to 50 minutes in the preheated oven, or until the cheese is melted and bubbly.
- ☐ Let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:25.36, Glycemic Load:11.41, Inflammation Score:-7, Nutrition Score:16.203913045966%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 556.86kcal (27.84%), Fat: 38.93g (59.9%), Saturated Fat: 22.45g (140.28%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 26.6g (9.67%), Sugar: 4.48g (4.98%), Cholesterol: 114.68mg (38.23%), Sodium: 936.53mg (40.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.85%), Calcium: 668.47mg (66.85%), Phosphorus: 448.34mg (44.83%), Vitamin B2: 0.52mg (30.6%), Selenium: 19.18µg (27.4%), Vitamin A: 1190.6IU (23.81%), Vitamin K: 20.63µg (19.65%), Zinc: 2.95mg (19.64%), Vitamin C: 15.34mg (18.6%), Manganese: 0.29mg (14.75%), Vitamin B12: 0.79µg (13.1%), Folate: 49.77µg (12.44%), Vitamin B6: 0.23mg (11.42%), Vitamin B3: 2.06mg (10.29%), Magnesium: 40.34mg (10.09%), Potassium: 334.53mg (9.56%), Iron: 1.59mg (8.81%), Copper: 0.14mg (7.02%), Vitamin B5: 0.69mg (6.9%), Vitamin B1: 0.08mg (5.29%), Fiber: 1.19g (4.74%), Vitamin E: 0.58mg (3.89%), Vitamin D: 0.45µg (3.01%)