



Cheddar Rice Casserole with Tomato Chutney

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup rice uncooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons butter
- ☐ 3 ounces extrasharp cheddar cheese shredded
- ☐ 2 large eggs lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup green onions chopped
- ☐ 2.3 cups milk 1% low-fat

- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.8 teaspoon salt
- ☐ 0.7 cup tomato chutney
- ☐ 2 cups water

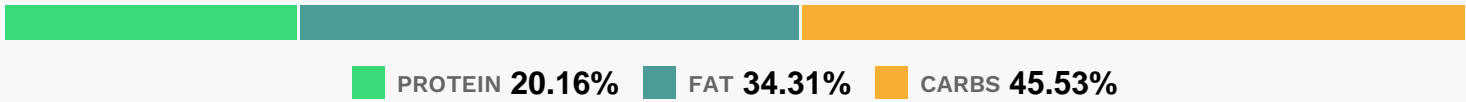
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Bring water and rice to a boil in a medium saucepan; cover. Reduce heat, and simmer 20 minutes or until liquid is absorbed. Cool slightly.
- ☐ Melt butter in a nonstick skillet over medium-high heat.
- ☐ Add onions and garlic; saut 2 minutes.
- ☐ Combine rice, onion mixture, milk, and the next 5 ingredients (through eggs), stirring well.
- ☐ Spread chutney in the bottom of an 11 x 7-inch baking dish coated with cooking spray. Carefully spoon rice mixture over chutney. Cover with foil coated with cooking spray. Refrigerate 8 hours or overnight.
- ☐ Preheat oven to 35
- ☐ Remove casserole from refrigerator; uncover and let stand at room temperature 15 minutes.
- ☐ Sprinkle with Parmesan. Cover and bake at 350 for 30 minutes. Uncover and bake an additional 30 minutes or until set.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:62.03, Glycemic Load:16.15, Inflammation Score:-5, Nutrition Score:12.227391346641%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 290.91kcal (14.55%), Fat: 10.97g (16.88%), Saturated Fat: 6.01g (37.54%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 31.87g (11.59%), Sugar: 5.26g (5.84%), Cholesterol: 89.71mg (29.9%), Sodium: 608.94mg (26.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.51g (29.03%), Calcium: 355.35mg (35.54%), Phosphorus: 301.25mg (30.12%), Selenium: 18.47µg (26.39%), Manganese: 0.42mg (21.16%), Vitamin B2: 0.33mg (19.25%), Vitamin K: 19.48µg (18.55%), Vitamin B12: 0.95µg (15.9%), Vitamin A: 732.11IU (14.64%), Zinc: 1.81mg (12.06%), Vitamin B5: 1.03mg (10.27%), Vitamin D: 1.44µg (9.59%), Vitamin B6: 0.19mg (9.41%), Magnesium: 33.41mg (8.35%), Potassium: 289.84mg (8.28%), Vitamin B1: 0.11mg (7.34%), Folate: 25.91µg (6.48%), Copper: 0.13mg (6.27%), Vitamin C: 4.3mg (5.22%), Iron: 0.9mg (5%), Vitamin B3: 0.87mg (4.33%), Fiber: 0.9g (3.61%), Vitamin E: 0.52mg (3.47%)