



Cheesy Chili Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



433 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups rice long-grain white uncooked
- ☐ 2.5 cups water
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup onion chopped
- ☐ 1 small bell pepper diced green seeded
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 cup water
- ☐ 28 oz tomatoes diced canned

- ☐ 15 oz kidney beans dark red rinsed drained canned
- ☐ 4 oz mexican cheese blend with jalapeño peppers (from a loaf) cubed prepared
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 serving tortilla chips

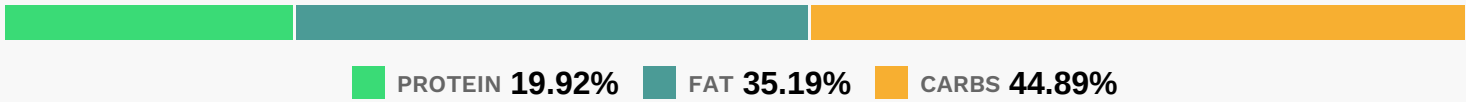
Equipment

- ☐ frying pan

Directions

- ☐ Cook rice as directed on package, using 2 1/2 cups water.
- ☐ In 12-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in onion, bell pepper, garlic, 1/2 cup water, the tomatoes and beans; cook about 6 minutes, stirring occasionally, until onion and bell pepper are tender. Stir in cheese product until melted. Stir in chili powder, cumin and salt. Cook 3 minutes longer.
- ☐ Just before serving, gently stir in cooked rice and cilantro.
- ☐ Garnish with additional chopped cilantro, if desired.
- ☐ Serve warm with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:24.56, Glycemic Load:19.56, Inflammation Score:-7, Nutrition Score:18.527825879014%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 433.03kcal (21.65%), Fat: 16.96g (26.09%), Saturated Fat: 7.02g (43.85%), Carbohydrates: 48.67g (16.22%), Net Carbohydrates: 42.38g (15.41%), Sugar: 3.51g (3.9%), Cholesterol: 53.72mg (17.91%), Sodium: 447.67mg (19.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.18%), Manganese: 0.78mg (38.96%), Phosphorus: 303.99mg (30.4%), Zinc: 4.03mg (26.89%), Fiber: 6.29g (25.15%), Iron: 4.45mg (24.71%), Vitamin B6: 0.49mg (24.66%), Selenium: 17.14µg (24.48%), Vitamin B12: 1.39µg (23.13%), Folate: 89.29µg (22.32%), Vitamin C: 18.34mg (22.23%), Vitamin B3: 4.2mg (21.01%), Potassium: 670.73mg (19.16%), Copper: 0.35mg (17.7%), Calcium: 175.74mg (17.57%), Magnesium: 65.08mg (16.27%), Vitamin B2: 0.25mg (14.73%), Vitamin B1: 0.2mg (13.47%), Vitamin K: 11.76µg (11.2%), Vitamin A: 553.9IU (11.08%), Vitamin E: 1.55mg (10.34%), Vitamin B5: 0.98mg (9.83%)