



Cheesy Rice & Corn Casserole

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz regular corn with red and green bell peppers, drained canned
- 1 cup four cheese shredded mexican style divided kraft finely
- 0.5 cup philadelphia chive & onion cream cheese spread ()
- 2 cups rice long-grain white hot cooked
- 1 eggs
- 2 Tbsp cilantro leaves fresh chopped

Equipment

- bowl

oven

Directions

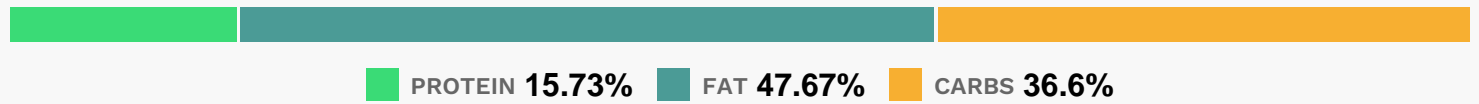
Heat oven to 375F.

Mix cream cheese spread and egg in large bowl until blended. Stir in rice, corn, 3/4 cup shredded cheese and cilantro.

Spoon into 1-1/2-qt. casserole sprayed with cooking spray; top with remaining shredded cheese.

Bake 20 to 25 min. or until is casserole is heated through and shredded cheese is melted.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:12.21, Inflammation Score:-5, Nutrition Score:7.453912994136%

Flavonoids

Luteolin: 2.5mg, Luteolin: 2.5mg, Luteolin: 2.5mg, Luteolin: 2.5mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 162.68kcal (8.13%), Fat: 8.6g (13.23%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 13.8g (5.02%), Sugar: 1.8g (2%), Cholesterol: 43.38mg (14.46%), Sodium: 168.05mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.77%), Vitamin C: 42.76mg (51.84%), Calcium: 129.3mg (12.93%), Manganese: 0.25mg (12.73%), Selenium: 8.65µg (12.36%), Phosphorus: 103.25mg (10.32%), Vitamin A: 509.44IU (10.19%), Vitamin B6: 0.17mg (8.75%), Vitamin B2: 0.11mg (6.33%), Zinc: 0.85mg (5.68%), Vitamin K: 4.6µg (4.38%), Fiber: 1.06g (4.26%), Magnesium: 14.56mg (3.64%), Potassium: 125.83mg (3.6%), Copper: 0.07mg (3.56%), Vitamin B5: 0.35mg (3.5%), Vitamin B12: 0.2µg (3.31%), Folate: 12.11µg (3.03%), Vitamin B1: 0.04mg (2.97%), Vitamin E: 0.38mg (2.52%), Vitamin B3: 0.43mg (2.13%), Iron: 0.38mg (2.11%), Vitamin D: 0.19µg (1.3%)