



## Cheesy Rice & Corn Casserole

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 15 oz regular corn with red and green bell peppers, drained canned
- 1 cup milk cheddar cheese shredded 2% divided kraft
- 0.5 cup philadelphia chive & onion
- 2 Tbsp cilantro leaves chopped
- 2 cups brown rice instant cooked
- 1 eggs beaten

## Equipment

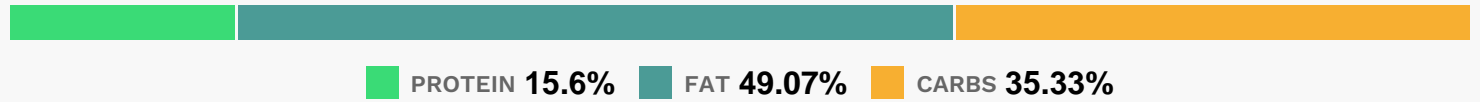
- bowl

- oven
- baking pan

## Directions

- Heat oven to 375F.
- Mix cream cheese and egg in large bowl until well blended. Stir in rice, corn, 3/4 cup cheddar and cilantro. Spoon into greased 1-1/2-qt. baking dish.
- Sprinkle with remaining Cheddar.
- Bake 20 to 25 min. or until Cheddar is melted and casserole is heated through.

## Nutrition Facts



## Properties

Glycemic Index:8.63, Glycemic Load:0.25, Inflammation Score:-5, Nutrition Score:7.78260862309%

## 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: 159.6kcal (7.98%), Fat: 8.7g (13.38%), Saturated Fat: 4.9g (30.61%), Carbohydrates: 14.09g (4.7%), Net Carbohydrates: 12.93g (4.7%), Sugar: 1.78g (1.98%), Cholesterol: 43.38mg (14.46%), Sodium: 169.31mg (7.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Vitamin C: 42.76mg (51.84%), Calcium: 128.65mg (12.87%), Selenium: 7.67µg (10.95%), Manganese: 0.21mg (10.49%), Vitamin A: 509.44IU (10.19%), Phosphorus: 101.52mg (10.15%), Folate: 39.8µg (9.95%), Vitamin B6: 0.16mg (7.95%), Vitamin B2: 0.11mg (6.22%), Zinc: 0.86mg (5.74%), Iron: 1.03mg (5.73%), Vitamin B3: 0.98mg (4.92%), Fiber: 1.15g (4.62%), Vitamin B1: 0.07mg (4.51%), Vitamin K: 4.6µg (4.38%), Potassium: 115.72mg (3.31%), Vitamin B12: 0.2µg (3.31%), Magnesium: 11.88mg (2.97%), Copper: 0.06mg (2.96%), Vitamin E: 0.37mg (2.45%), Vitamin B5: 0.22mg (2.19%), Vitamin D: 0.19µg (1.3%)