



Chile and Cheese Rice



Vegetarian



Gluten Free

READY IN



63 min.

SERVINGS



4

CALORIES



326 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 ears corn fresh
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup crema mexicana sour
- ☐ 0.5 cup monterrey jack cheese grated
- ☐ 2 tablespoons olive oil
- ☐ 2 poblano chiles stemmed peeled seeded chopped
- ☐ 2 cups water

- ☐ 0.3 large onion white minced
- ☐ 1 cup rice long-grain white

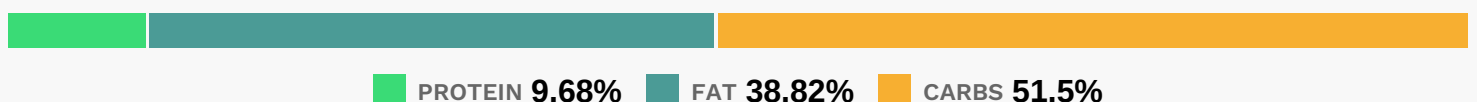
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a medium-size heavy skillet over medium-high heat.
- ☐ Add the onion, and saute for until translucent, about 5 minutes.
- ☐ Add the rice and cook until the rice is opaque, about 10 minutes. Stir in the water and the corn kernels, then season the water with salt and pepper, to taste. Bring the mixture to a boil. Reduce the heat to medium-low, cover, and simmer until the rice is tender, about for 15 minutes.
- ☐ Preheat a broiler. Using a fork, fluff the rice and stir in the chopped poblanos.
- ☐ Transfer the rice to a 7 by 10-inch baking dish.
- ☐ Drizzle with the creama or sour cream and sprinkle the cheese over the top. Broil until the top is browned in spots and the cheese has melted, about 5 to 8 minutes.
- ☐ Remove from the oven and serve.
- ☐ Put the chiles over a gas flame or underneath the broiler and cook until they are blackened on all sides. Enclose them in a plastic bag and let stand for 10 minutes to steam, which will make them easier to peel. Peel, stem, and seed the chiles. Once peeled, the chiles may be chopped, sliced or stuffed.

Nutrition Facts



Properties

Glycemic Index:39.3, Glycemic Load:22.66, Inflammation Score:-5, Nutrition Score:10.155652048795%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 326.02kcal (16.3%), Fat: 14.01g (21.55%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 41.81g (13.94%), Net Carbohydrates: 40g (14.55%), Sugar: 2.41g (2.68%), Cholesterol: 20.39mg (6.8%), Sodium: 737.61mg (32.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.72%), Vitamin C: 48.57mg (58.87%), Manganese: 0.6mg (30.22%), Calcium: 154.47mg (15.45%), Phosphorus: 131.11mg (13.11%), Selenium: 9.09µg (12.98%), Vitamin B6: 0.23mg (11.64%), Vitamin E: 1.32mg (8.79%), Vitamin K: 9.22µg (8.78%), Copper: 0.17mg (8.51%), Vitamin A: 395.9IU (7.92%), Fiber: 1.81g (7.25%), Zinc: 1.04mg (6.93%), Magnesium: 23.79mg (5.95%), Vitamin B2: 0.1mg (5.74%), Vitamin B5: 0.57mg (5.72%), Vitamin B3: 1.06mg (5.3%), Potassium: 185.43mg (5.3%), Vitamin B1: 0.07mg (4.89%), Iron: 0.75mg (4.17%), Folate: 14.19µg (3.55%), Vitamin B12: 0.12µg (1.95%)