



Chile Rice

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups rice long-grain white cooked
- 0.5 cup knudsen cream sour
- 1 cup cheddar & monterey jack cheeses shredded kraft
- 0.3 cup onions chopped
- 3 roasted poblano chiles peeled seeded

Equipment

- bowl
- oven

blender

Directions

- Heat oven to 350F.
- Blend sour cream, chiles and onions in blender until smooth; spoon into large bowl.
- Add rice; mix well.
- Spoon into 2-qt. casserole sprayed with cooking spray.
- Bake 15 min. or until heated through. Top with cheese; bake 5 min. or until melted.

Nutrition Facts



PROTEIN 13.82% **FAT 38.92%** **CARBS 47.26%**

Properties

Glycemic Index:5.77, Glycemic Load:4.85, Inflammation Score:-1, Nutrition Score:1.8773913111376%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 45.09kcal (2.25%), Fat: 1.95g (3%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 5.33g (1.78%), Net Carbohydrates: 5.04g (1.83%), Sugar: 0.5g (0.56%), Cholesterol: 5.61mg (1.87%), Sodium: 24.36mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin C: 9.7mg (11.76%), Manganese: 0.09mg (4.58%), Calcium: 35.05mg (3.5%), Phosphorus: 29.2mg (2.92%), Selenium: 1.88µg (2.69%), Vitamin B6: 0.05mg (2.37%), Vitamin A: 96.9IU (1.94%), Vitamin B2: 0.03mg (1.58%), Zinc: 0.22mg (1.47%), Magnesium: 4.62mg (1.15%), Fiber: 0.29g (1.15%), Copper: 0.02mg (1.06%), Potassium: 36.14mg (1.03%)