



Chile Rice Casserole



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



401 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounce chile peppers green chopped canned
- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 1 cup rice instant uncooked
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 cup cup heavy whipping cream sour

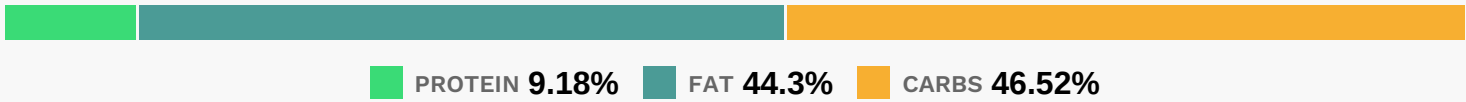
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ In an 8x8 inch baking dish combine rice, soup, chile peppers and sour cream.
- ☐ Sprinkle Cheddar cheese on top.
- ☐ Bake in preheated oven for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:22.05, Glycemic Load:22.35, Inflammation Score:-5, Nutrition Score:10.739999898102%

Nutrients (% of daily need)

Calories: 401.1kcal (20.06%), Fat: 19.74g (30.37%), Saturated Fat: 9.46g (59.15%), Carbohydrates: 46.64g (15.55%), Net Carbohydrates: 45.1g (16.4%), Sugar: 3.09g (3.43%), Cholesterol: 56.43mg (18.81%), Sodium: 618.2mg (26.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.4%), Manganese: 0.66mg (33.17%), Selenium: 14.57µg (20.81%), Calcium: 205.48mg (20.55%), Phosphorus: 187.56mg (18.76%), Vitamin A: 750.33IU (15.01%), Vitamin B5: 1.45mg (14.45%), Vitamin K: 14.35µg (13.67%), Vitamin B2: 0.22mg (12.93%), Vitamin C: 10.37mg (12.56%), Copper: 0.2mg (10.14%), Vitamin E: 1.43mg (9.56%), Zinc: 1.33mg (8.86%), Vitamin B6: 0.15mg (7.54%), Potassium: 242.64mg (6.93%), Folate: 26.95µg (6.74%), Iron: 1.19mg (6.62%), Magnesium: 26.07mg (6.52%), Fiber: 1.54g (6.16%), Vitamin B3: 1.18mg (5.9%), Vitamin B12: 0.3µg (5.02%), Vitamin B1: 0.07mg (4.56%)