



## Chili Rice con Queso

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 oz rice salsa-style
- 6 oz cheddar cheese shredded
- 15 oz chili beans sauce undrained canned
- 2 cups canned tomatoes diced organic undrained (from 28-oz can)
- 0.5 cup water

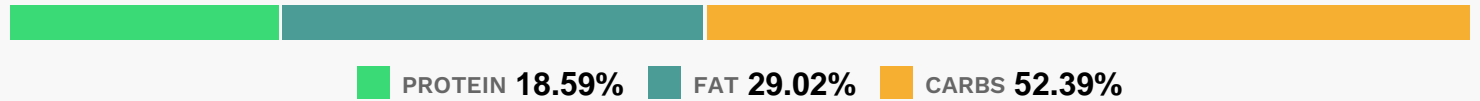
### Equipment

- sauce pan
- oven

## Directions

- Heat oven to 425°F. Spray 1 1/2-quart casserole with cooking spray. In casserole, mix rice mix and 1/2 cup of the cheese.
- In 1 1/2-quart saucepan, mix chili beans, tomatoes and water.
- Heat to boiling.
- Pour bean mixture over rice mixture in casserole; stir to mix.
- Cover; bake 20 minutes.
- Sprinkle with remaining 1 cup cheese.
- Bake uncovered about 5 minutes longer or until cheese is melted and rice is tender.

## Nutrition Facts



## Properties

Glycemic Index:24.8, Glycemic Load:19.53, Inflammation Score:-6, Nutrition Score:19.067825871965%

## Nutrients (% of daily need)

Calories: 423.42kcal (21.17%), Fat: 13.76g (21.16%), Saturated Fat: 7.5g (46.85%), Carbohydrates: 55.86g (18.62%), Net Carbohydrates: 48.64g (17.69%), Sugar: 11.47g (12.75%), Cholesterol: 40.4mg (13.47%), Sodium: 1191.85mg (51.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.82g (39.64%), Phosphorus: 429.45mg (42.94%), Calcium: 365.14mg (36.51%), Manganese: 0.62mg (30.82%), Copper: 0.58mg (29.13%), Fiber: 7.22g (28.9%), Vitamin B6: 0.55mg (27.63%), Zinc: 4.12mg (27.48%), Potassium: 909.83mg (26%), Magnesium: 91.83mg (22.96%), Iron: 4.08mg (22.69%), Vitamin B2: 0.38mg (22.06%), Selenium: 13.84µg (19.77%), Vitamin C: 12.94mg (15.68%), Folate: 51.73µg (12.93%), Vitamin E: 1.88mg (12.54%), Vitamin B3: 2.48mg (12.38%), Vitamin B1: 0.17mg (11.19%), Vitamin A: 553.14IU (11.06%), Vitamin B12: 0.53µg (8.89%), Vitamin B5: 0.8mg (8.02%), Vitamin K: 7.94µg (7.56%), Vitamin D: 0.21µg (1.42%)