



Chili Rice con Queso

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

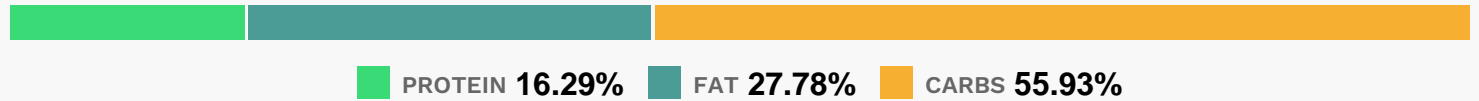
Equipment

- sauce pan
- oven

Directions

- Heat oven to 425F. 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:-8, Nutrition Score:18.513912900634%

Nutrients (% of daily need)

Calories: 418.11kcal (20.91%), Fat: 13.01g (20.02%), Saturated Fat: 7.39g (46.18%), Carbohydrates: 58.95g (19.65%), Net Carbohydrates: 53.64g (19.5%), Sugar: 20.03g (22.25%), Cholesterol: 40.4mg (13.47%), Sodium: 1845.66mg (80.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.32%), Calcium: 353.45mg (35.34%), Vitamin C: 28.14mg (34.11%), Phosphorus: 321.01mg (32.1%), Manganese: 0.62mg (30.82%), Vitamin A: 1263.3IU (25.27%), Vitamin E: 3.7mg (24.66%), Potassium: 824.78mg (23.57%), Copper: 0.45mg (22.65%), Vitamin B6: 0.44mg (21.78%), Fiber: 5.31g (21.24%), Selenium: 13.63µg (19.46%), Vitamin B3: 3.8mg (18.98%), Vitamin B2: 0.29mg (17.05%), Iron: 2.96mg (16.43%), Vitamin B1: 0.22mg (14.73%), Zinc: 2.17mg (14.44%), Magnesium: 56.74mg (14.19%), Vitamin K: 13.04µg (12.42%), Vitamin B12: 0.52µg (8.72%), Folate: 33.66µg (8.42%), Vitamin B5: 0.8mg (8.02%), Vitamin D: 0.21µg (1.42%)