



Chipotle Red Beans and Rice Casserole

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



562 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup rice long-grain uncooked
- ☐ 1 cup corn frozen
- ☐ 15 oz chili beans sauce undrained canned
- ☐ 14 oz vegetable stock canned
- ☐ 14.5 oz canned tomatoes diced with green chiles, undrained canned
- ☐ 1 chipotles in adobo chopped (from 7-oz can)
- ☐ 1 cup corn chips
- ☐ 4 oz monterrey jack cheese shredded

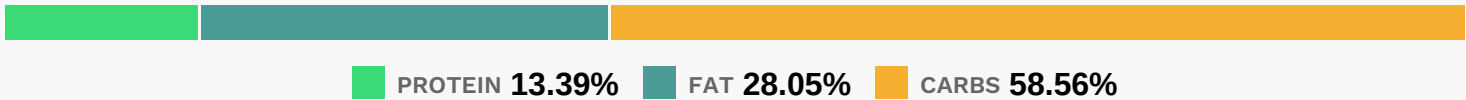
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 2-quart casserole or 8-inch square (2-quart) glass baking dish with cooking spray. In baking dish, mix rice, corn, beans, broth, tomatoes and chile.
- ☐ Cover with lid or foil; bake 1 hour. Uncover; stir well.
- ☐ Sprinkle with chips and cheese.
- ☐ Bake uncovered 10 to 15 minutes longer or until bubbly and rice is tender.

Nutrition Facts



Properties

Glycemic Index:33.3, Glycemic Load:22.88, Inflammation Score:-7, Nutrition Score:19.918260900871%

Nutrients (% of daily need)

Calories: 561.61kcal (28.08%), Fat: 17.76g (27.33%), Saturated Fat: 6.67g (41.7%), Carbohydrates: 83.44g (27.81%), Net Carbohydrates: 74.94g (27.25%), Sugar: 9.38g (10.42%), Cholesterol: 25.23mg (8.41%), Sodium: 1465.51mg (63.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.07g (38.14%), Phosphorus: 440.87mg (44.09%), Manganese: 0.75mg (37.31%), Fiber: 8.5g (34.02%), Calcium: 321.26mg (32.13%), Vitamin B6: 0.61mg (30.5%), Zinc: 4.2mg (27.98%), Magnesium: 107.4mg (26.85%), Potassium: 900.71mg (25.73%), Copper: 0.49mg (24.64%), Vitamin B2: 0.4mg (23.69%), Iron: 4.18mg (23.24%), Selenium: 14.58µg (20.83%), Vitamin E: 2.64mg (17.58%), Vitamin C: 14.33mg (17.38%), Folate: 62.93µg (15.73%), Vitamin B3: 2.76mg (13.8%), Vitamin B1: 0.18mg (11.88%), Vitamin A: 564.19IU (11.28%), Vitamin B5: 0.89mg (8.95%), Vitamin K: 5.55µg (5.28%), Vitamin B12: 0.25µg (4.1%), Vitamin D: 0.17µg (1.13%)