



WHATSHEATE



Chipotle Rice Casserole



Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup rice long-grain white uncooked
- ☐ 1 cup water
- ☐ 7.3 oz roasted peppers red drained cut into 1/2-inch pieces
- ☐ 15 oz black beans rinsed drained canned
- ☐ 11 oz corn whole with red and green peppers, drained canned
- ☐ 14.5 oz tomatoes diced drained canned
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon chipotles in adobo canned chopped

- ☐ 4 oz pepper jack cheese shredded
- ☐ 3 tablespoons vegetable oil
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 0.5 cup chicken broth
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon garlic salt
- ☐ 2 plum tomatoes sliced (Roma)

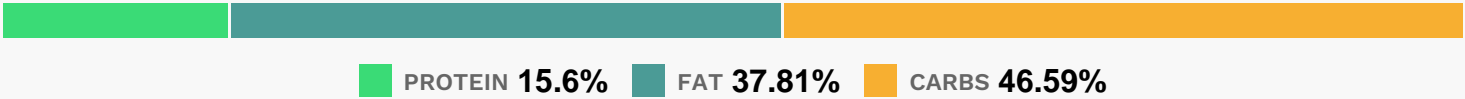
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Cook rice in water as directed on package. Meanwhile, heat oven to 350°F. Lightly spray 8-inch square (2-quart) glass baking dish with cooking spray. In large bowl, mix roasted peppers, beans, corn, diced tomatoes, cilantro, chipotle chiles, 1/2 cup of the cheese and the cooked rice.
- ☐ In 2-quart saucepan, heat oil over low heat. Stir in flour, using wire whisk. Cook over medium heat, stirring constantly, until mixture is smooth and bubbly. Gradually stir in milk, broth, cumin and garlic salt.
- ☐ Heat to boiling, stirring constantly. Boil and stir about 1 minute or until slightly thickened. Stir into rice mixture in bowl. Spoon mixture into baking dish.
- ☐ Bake 20 to 25 minutes or until bubbly around edges.
- ☐ Sprinkle with remaining 1/2 cup cheese. Arrange tomato slices on top.
- ☐ Bake 5 to 8 minutes longer or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:69.05, Glycemic Load:16.9, Inflammation Score:-8, Nutrition Score:24.016521640446%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 538.25kcal (26.91%), Fat: 22.92g (35.26%), Saturated Fat: 8.47g (52.94%), Carbohydrates: 63.55g (21.18%), Net Carbohydrates: 53.25g (19.36%), Sugar: 6.77g (7.53%), Cholesterol: 33.14mg (11.05%), Sodium: 2276.08mg (98.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.55%), Vitamin C: 41.96mg (50.86%), Manganese: 0.83mg (41.53%), Fiber: 10.29g (41.17%), Phosphorus: 410.25mg (41.03%), Calcium: 396.99mg (39.7%), Folate: 129.91µg (32.48%), Vitamin B2: 0.48mg (28.29%), Iron: 4.89mg (27.14%), Potassium: 923.85mg (26.4%), Vitamin K: 25.46µg (24.25%), Vitamin B1: 0.36mg (23.76%), Copper: 0.47mg (23.75%), Magnesium: 91.38mg (22.85%), Vitamin A: 980.61IU (19.61%), Vitamin B6: 0.39mg (19.6%), Selenium: 13.19µg (18.85%), Vitamin B3: 3.48mg (17.38%), Zinc: 2.54mg (16.94%), Vitamin E: 1.87mg (12.44%), Vitamin B12: 0.57µg (9.51%), Vitamin B5: 0.92mg (9.23%), Vitamin D: 0.84µg (5.61%)