



Corn and Green Chile Rice

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



12

CALORIES



164 kcal

SIDE DISH

Ingredients

- 1 cup rice long-grain white uncooked
- 2 cups water
- 1 cup curd cottage cheese
- 11 oz corn kernels whole green red canned
- 8 oz cream sour
- 4 oz chilis green chopped canned
- 1 cup cheddar cheese shredded

Equipment

bowl

oven

Directions

Cook rice in water as directed on package.

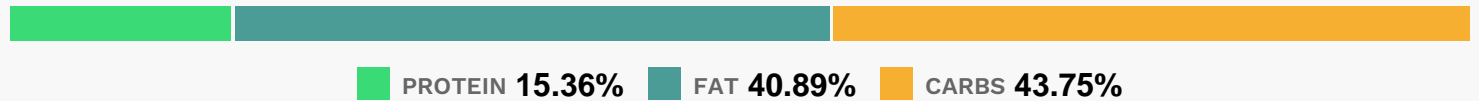
Meanwhile, heat oven to 350°F. Spray 2-quart casserole with nonstick cooking spray. In large bowl, combine cooked rice and all remaining ingredients except Mexican cheese blend; mix well.

Pour into sprayed casserole.

Sprinkle with cheese.

Bake at 350°F. for 30 to 35 minutes or until casserole is thoroughly heated and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:7.35, Glycemic Load:7.58, Inflammation Score:-2, Nutrition Score:4.39608699083333%

Nutrients (% of daily need)

Calories: 163.65kcal (8.18%), Fat: 7.52g (11.57%), Saturated Fat: 3.89g (24.32%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 17.23g (6.26%), Sugar: 2.4g (2.67%), Cholesterol: 22.99mg (7.66%), Sodium: 211.17mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.72%), Phosphorus: 113.79mg (11.38%), Calcium: 104.8mg (10.48%), Manganese: 0.2mg (10.09%), Selenium: 6.31µg (9.01%), Vitamin B2: 0.12mg (7.26%), Folate: 20.4µg (5.1%), Vitamin C: 3.82mg (4.63%), Vitamin A: 227.35IU (4.55%), Zinc: 0.68mg (4.51%), Vitamin B5: 0.44mg (4.41%), Vitamin B12: 0.23µg (3.83%), Fiber: 0.88g (3.52%), Magnesium: 13.63mg (3.41%), Vitamin B6: 0.07mg (3.39%), Potassium: 112.47mg (3.21%), Vitamin B3: 0.61mg (3.06%), Copper: 0.06mg (2.98%), Iron: 0.4mg (2.22%), Vitamin B1: 0.03mg (2.13%)