



## Corn-Rice Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



290 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons butter
- 11 ounce regular corn mexican-style drained canned
- 15.5 ounce regular corn cream-style canned
- 1 bell pepper green chopped
- 8 ounce mild mexican pasteurized cheese product cubed prepared
- 1 small onion chopped
- 0.3 teaspoon pepper
- 2 cups rice long-grain uncooked

- 0.5 teaspoon salt
- 2 ounces cheddar cheese shredded
- 10 ounce tomato and chiles diced green undrained canned
- 11 ounce kernel corn whole drained canned

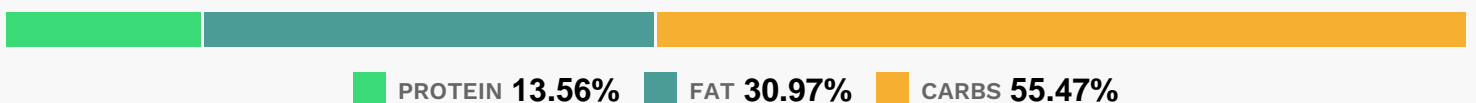
## Equipment

- frying pan
- oven
- plastic wrap
- baking pan
- aluminum foil

## Directions

- Cook rice according to package directions; set aside.
- Melt butter in a large skillet over medium heat; add bell pepper and onion, and saut 5 minutes or until tender.
- Stir in cooked rice, cream-style corn, and next 6 ingredients; spoon into a lightly greased 13- x 9-inch baking dish.
- Bake at 350 for 30 minutes or until thoroughly heated; top with shredded cheese, and bake 5 more minutes or until cheese melts.
- Note: To freeze, line baking dish with plastic wrap or aluminum foil; fill and freeze. Lift frozen casserole from bakiing dish, and wrap tightly with foil; return to freezer. When ready to serve, remove foil, and place frozen casserole back into serving dish.
- Let stand at room temperature for 10 minutes.
- Bake as directed.

## Nutrition Facts



## Properties

Glycemic Index:16.27, Glycemic Load:15.26, Inflammation Score:-5, Nutrition Score:8.370869566565%

## Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

## Nutrients (% of daily need)

Calories: 289.76kcal (14.49%), Fat: 10.04g (15.45%), Saturated Fat: 4.72g (29.49%), Carbohydrates: 40.46g (13.49%), Net Carbohydrates: 39.06g (14.2%), Sugar: 2.57g (2.86%), Cholesterol: 22.68mg (7.56%), Sodium: 448.07mg (19.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.79%), Manganese: 0.45mg (22.31%), Phosphorus: 189.81mg (18.98%), Calcium: 174.37mg (17.44%), Vitamin C: 14.03mg (17.01%), Selenium: 9.01µg (12.87%), Folate: 42.41µg (10.6%), Vitamin A: 516.28IU (10.33%), Zinc: 1.48mg (9.88%), Vitamin B2: 0.13mg (7.83%), Magnesium: 29.97mg (7.49%), Vitamin B3: 1.47mg (7.35%), Potassium: 247.93mg (7.08%), Vitamin B6: 0.14mg (6.84%), Copper: 0.13mg (6.63%), Fiber: 1.4g (5.61%), Vitamin B5: 0.49mg (4.86%), Vitamin B12: 0.28µg (4.75%), Vitamin B1: 0.06mg (4.08%), Iron: 0.73mg (4.08%), Vitamin K: 3.31µg (3.15%), Vitamin E: 0.38mg (2.54%)