



## Creamy Rice with Nopalitos

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**275 kcal**

**SIDE DISH**

### Ingredients

- 8 ounces anaheim chiles
- 1.5 cups basmati long-grain uncooked
- 8 ounce carton cream fat-free sour
- 3 cups less-sodium chicken broth fat-free
- 2 garlic cloves minced
- 6 ounces monterrey jack cheese shredded
- 9 ounces nopales trimmed (cactus paddles)
- 1.5 teaspoons olive oil

- 0.5 cup onion chopped
- 4 ounce pimientos diced drained
- 8 ounce carton yogurt plain fat-free

## Equipment

- baking sheet
- oven
- baking pan
- ziploc bags
- dutch oven

## Directions

- Preheat oven to 37
- Place the nopales and chiles on a baking sheet coated with cooking spray; bake at 375 for 20 minutes or until chiles are blackened and nopales are tender, turning nopales once.
- Place chiles in a zip-top plastic bag; seal.
- Let stand 15 minutes. Peel chiles; cut in half lengthwise. Discard seeds and membranes; chop chiles to measure 1/2 cup. Chop nopales to measure 1 cup.
- Reduce oven temperature to 35
- While nopales and chiles cook, prepare the rice.
- Heat oil in a Dutch oven over medium heat.
- Add onion and garlic, and saut 5 minutes or until tender.
- Add rice, and saut 2 minutes.
- Add broth, and bring to a boil. Cover, reduce heat, and simmer 25 minutes or until liquid is absorbed. Cool slightly.
- Add nopalitos (chopped nopales), chiles, yogurt, sour cream, and pimiento to rice mixture; stir until well-blended. Spoon mixture into an 11 x 7-inch baking dish coated with cooking spray, and sprinkle with cheese.
- Bake at 350 for 12 minutes. Broil 8 minutes or until lightly browned.

## Nutrition Facts

PROTEIN 16.69% FAT 25.37% CARBS 57.94%

## Properties

Glycemic Index:24.65, Glycemic Load:17.28, Inflammation Score:-6, Nutrition Score:11.442608631175%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

## Nutrients (% of daily need)

Calories: 274.65kcal (13.73%), Fat: 7.71g (11.86%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 39.62g (13.21%), Net Carbohydrates: 37.02g (13.46%), Sugar: 4.78g (5.31%), Cholesterol: 22.04mg (7.35%), Sodium: 643.32mg (27.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.83%), Calcium: 320.55mg (32.05%), Manganese: 0.57mg (28.74%), Vitamin C: 22.34mg (27.08%), Phosphorus: 227.23mg (22.72%), Selenium: 13.12µg (18.75%), Vitamin A: 760.14IU (15.2%), Vitamin B2: 0.25mg (14.92%), Zinc: 1.59mg (10.59%), Magnesium: 42.25mg (10.56%), Fiber: 2.6g (10.4%), Vitamin B12: 0.6µg (10.08%), Vitamin B6: 0.19mg (9.36%), Potassium: 318.45mg (9.1%), Vitamin B5: 0.75mg (7.52%), Copper: 0.14mg (6.97%), Vitamin B3: 1.36mg (6.8%), Iron: 1.09mg (6.07%), Vitamin B1: 0.07mg (4.75%), Folate: 17.85µg (4.46%), Vitamin K: 4.26µg (4.06%), Vitamin E: 0.32mg (2.15%)