

Green-Chile Bake

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes with jalapeño peppers and spices, undrained mexican-style canned
- 3 cups rice long-grain cooked
- 1.3 cups egg substitute
- 2 garlic cloves minced
- 12 ounce chiles whole green drained cut into strips canned
- 0.3 teaspoon ground cumin
- 2 ounces manchego cheese shredded
- 4 ounces monterrey jack cheese shredded reduced-fat

- 1.5 cups onion chopped
- 0.1 teaspoon salt
- 2 tablespoons stick margarine
- 8 ounce no-salt-added tomato sauce canned

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 37
- Melt the butter in a medium nonstick skillet over medium-high heat.
- Add the chopped onion and minced garlic, and saut 5 minutes.
- Remove from heat, and stir in ground cumin and salt.
- Combine onion mixture, rice, and egg substitute in a bowl.
- Combine tomatoes and tomato sauce in a bowl.
- Combine the cheeses in a small bowl.
- Spread 1 1/4 cups tomato mixture in bottom of a 13 x 9-inch baking dish, and top with 1 1/2 cups rice mixture. Arrange half of green chiles on top of rice mixture, and sprinkle with half of cheese mixture. Repeat the procedure with the remaining tomato mixture, rice mixture, and chiles.
- Bake, uncovered, at 375 for 30 minutes.
- Sprinkle top with remaining cheese mixture, and bake an additional 5 minutes or until the cheese is melted.
- Garnish with oregano sprigs, if desired.

Nutrition Facts



■ PROTEIN 19.63% ■ FAT 36.61% ■ CARBS 43.76%

Properties

Glycemic Index:46.83, Glycemic Load:26.92, Inflammation Score:-8, Nutrition Score:17.565652225329%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 333.88kcal (16.69%), Fat: 13.81g (21.25%), Saturated Fat: 6.93g (43.34%), Carbohydrates: 37.14g (12.38%), Net Carbohydrates: 33.28g (12.1%), Sugar: 7.2g (8%), Cholesterol: 26.93mg (8.98%), Sodium: 862.59mg (37.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.67g (33.33%), Selenium: 30.47µg (43.53%), Vitamin C: 31.88mg (38.64%), Calcium: 348.8mg (34.88%), Manganese: 0.62mg (30.75%), Vitamin B2: 0.37mg (21.66%), Vitamin B6: 0.42mg (21.2%), Phosphorus: 206.93mg (20.69%), Iron: 3.45mg (19.16%), Vitamin A: 870.48IU (17.41%), Potassium: 592.51mg (16.93%), Vitamin E: 2.44mg (16.27%), Folate: 64.39µg (16.1%), Vitamin B5: 1.59mg (15.92%), Fiber: 3.86g (15.43%), Copper: 0.26mg (12.99%), Zinc: 1.85mg (12.31%), Magnesium: 48.43mg (12.11%), Vitamin B1: 0.17mg (11.08%), Vitamin B3: 2.03mg (10.15%), Vitamin D: 0.91µg (6.09%), Vitamin B12: 0.33µg (5.53%), Vitamin K: 5.44µg (5.18%)