

Taste of Home

 **5%**
HEALTH SCORE

Green Chili Rice Casserole

 **Vegetarian**  **Gluten Free**

READY IN



35 min.

SERVINGS



8

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups rice cooked
- 8 ounces chilis green chopped canned
- 0.5 teaspoon salt
- 0.8 pound monterrey jack cheese cut into 1/2-inch cubes
- 2 cups cream sour

Equipment

- bowl
- oven

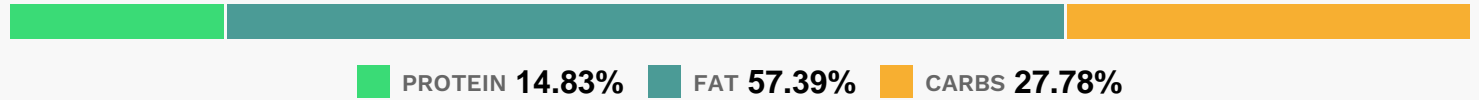
baking pan

Directions

In a large bowl, combine all ingredients.

Transfer to a greased 2-qt. baking dish. Cover and bake at 350°; for 30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:23.99, Inflammation Score:-5, Nutrition Score:9.8386955727702%

Nutrients (% of daily need)

Calories: 381.12kcal (19.06%), Fat: 24.34g (37.44%), Saturated Fat: 14g (87.49%), Carbohydrates: 26.51g (8.84%), Net Carbohydrates: 25.71g (9.35%), Sugar: 2.21g (2.46%), Cholesterol: 71.77mg (23.92%), Sodium: 531.65mg (23.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.15g (28.3%), Calcium: 393.5mg (39.35%), Phosphorus: 269.6mg (26.96%), Selenium: 14.3µg (20.43%), Manganese: 0.38mg (19.21%), Vitamin B2: 0.28mg (16.54%), Vitamin A: 720.96IU (14.42%), Zinc: 1.88mg (12.52%), Vitamin C: 10.21mg (12.38%), Vitamin B6: 0.16mg (8.23%), Vitamin B12: 0.47µg (7.9%), Folate: 28.78µg (7.2%), Magnesium: 27.85mg (6.96%), Vitamin B5: 0.61mg (6.14%), Iron: 0.88mg (4.9%), Potassium: 166.03mg (4.74%), Copper: 0.08mg (3.93%), Fiber: 0.8g (3.19%), Vitamin B3: 0.59mg (2.93%), Vitamin B1: 0.04mg (2.43%), Vitamin E: 0.36mg (2.4%), Vitamin K: 1.93µg (1.83%), Vitamin D: 0.26µg (1.7%)