



## Green Rice Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 ounce chiles green drained chopped canned
- 2 cups rice long-grain cooked
- 3 eggs separated
- 0.5 cup parsley fresh chopped
- 0.3 cup bell pepper green chopped
- 0.3 cup butter melted
- 0.3 cup onion finely chopped
- 0.5 teaspoon salt

- 4 ounces sharp cheddar cheese shredded
- 0.8 cup milk whole

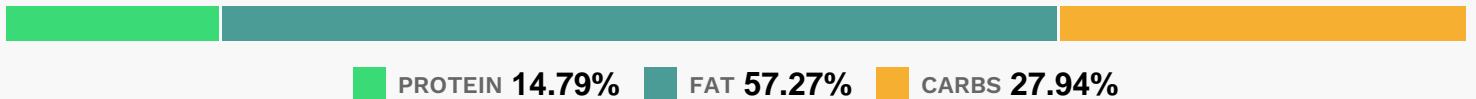
## Equipment

- bowl
- oven
- baking pan
- hand mixer

## Directions

- Combine first 5 ingredients in a large bowl; stir well. Stir in egg yolks, green pepper, onion, salt, and green chiles.
- Beat egg whites at high speed of an electric mixer until stiff peaks form. Gently fold into rice mixture. Spoon mixture into a lightly greased 2-quart baking dish.
- Bake, uncovered, at 350 for 30 minutes or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:20.25, Glycemic Load:8.41, Inflammation Score:-5, Nutrition Score:6.6065217049226%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 136.51kcal (6.83%), Fat: 8.68g (13.36%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 9.07g (3.3%), Sugar: 1.06g (1.17%), Cholesterol: 52.2mg (17.4%), Sodium: 264.11mg (11.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.09%), Vitamin K: 41.55µg (39.57%), Selenium: 8.36µg (11.95%), Vitamin A: 582.01IU (11.64%), Vitamin C: 9.31mg (11.28%), Calcium: 103.77mg (10.38%), Phosphorus: 96.95mg (9.7%),

Vitamin B2: 0.13mg (7.37%), Manganese: 0.14mg (7.06%), Zinc: 0.73mg (4.84%), Vitamin B12: 0.29µg (4.75%), Folate: 17.84µg (4.46%), Vitamin B6: 0.08mg (4.2%), Vitamin B5: 0.4mg (3.96%), Iron: 0.56mg (3.11%), Vitamin D: 0.44µg (2.96%), Magnesium: 11.28mg (2.82%), Potassium: 91.38mg (2.61%), Vitamin E: 0.38mg (2.55%), Vitamin B1: 0.03mg (1.85%), Copper: 0.04mg (1.83%), Fiber: 0.46g (1.83%), Vitamin B3: 0.25mg (1.23%)