



## Green Rice with Creamy Cheese Sauce

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**45**

CALORIES



**42 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 cups chicken broth divided
- 0.7 cup philadelphia original cooking creme
- 3 oz oscar mayer deli honey ham fresh chopped ( ) ( 10 slices)
- 0.3 cup epazote leaves
- 0.3 cup cilantro leaves fresh
- 1 cup regular corn frozen
- 2 cloves garlic
- 0.5 cup low-moisture part-skim mozzarella cheese shredded divided kraft

- 0.3 cup milk
- 1 Tbsp oil
- 0.5 small onion
- 2 poblano chiles deveined peeled seeded
- 1.5 cups rice long-grain white uncooked

## Equipment

- sauce pan
- blender

## Directions

- Blend 1 cup broth and next 5 ingredients in blender until smooth.
- Heat oil in large saucepan on medium heat.
- Add rice; cook 3 min., stirring occasionally.
- Add broth mixture, remaining broth and corn; stir. Bring to boil; cover. Cook 3 min., then simmer on low heat 20 min. or until liquid is absorbed. Fluff with fork; stir in ham. Spoon into serving dish; cover to keep warm.
- Cook and stir cooking creme and milk in saucepan on low heat 3 to 5 min. or until heated through. Stir in 1/4 cup mozzarella; cook 1 min. or until completely melted. Spoon over rice mixture; top with remaining mozzarella.

## Nutrition Facts



## Properties

Glycemic Index:4.4, Glycemic Load:3.04, Inflammation Score:-1, Nutrition Score:1.7756521941527%

## Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 42.3kcal (2.12%), Fat: 0.99g (1.53%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 6.9g (2.51%), Sugar: 0.78g (0.87%), Cholesterol: 2.44mg (0.81%), Sodium: 90.71mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Manganese: 0.15mg (7.28%), Vitamin C: 4.71mg (5.71%), Phosphorus: 25.14mg (2.51%), Selenium: 1.7µg (2.43%), Vitamin B6: 0.04mg (2.18%), Calcium: 20.05mg (2.01%), Vitamin B2: 0.03mg (1.92%), Vitamin B1: 0.03mg (1.83%), Magnesium: 6.51mg (1.63%), Vitamin B3: 0.32mg (1.6%), Potassium: 51.85mg (1.48%), Zinc: 0.22mg (1.46%), Fiber: 0.36g (1.43%), Copper: 0.03mg (1.4%)