



Hominy con Queso

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 4 ounce chiles diced green canned
- ☐ 30 ounce hominy drained canned
- ☐ 1 pound pepper jack cheese shredded

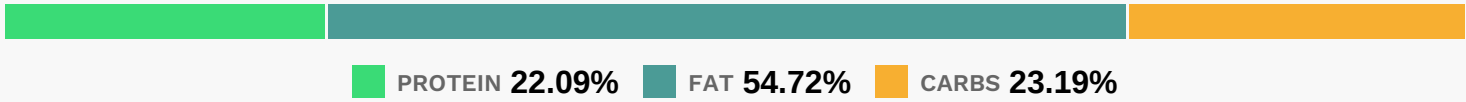
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Prepare a large baking dish with cooking spray.
- ☐ Combine the hominy, mushroom soup, green chilies, and about half of the pepperjack cheese in a bowl; spread evenly into the bottom of the prepared baking dish.
- ☐ Sprinkle the remaining pepperjack cheese over the top of the mixture.
- ☐ Bake in the preheated oven until the cheese is bubbling and beginning to brown, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:12.872608615004%

Nutrients (% of daily need)

Calories: 418.99kcal (20.95%), Fat: 25.42g (39.11%), Saturated Fat: 15.23g (95.18%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 20.27g (7.37%), Sugar: 2.96g (3.29%), Cholesterol: 69.82mg (23.27%), Sodium: 1377.78mg (59.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.09g (46.18%), Calcium: 586.98mg (58.7%), Phosphorus: 402.08mg (40.21%), Zinc: 4.33mg (28.88%), Selenium: 15.27µg (21.82%), Vitamin B2: 0.34mg (19.97%), Fiber: 3.97g (15.87%), Manganese: 0.26mg (13%), Vitamin A: 606.59IU (12.13%), Magnesium: 47.4mg (11.85%), Vitamin B12: 0.71µg (11.81%), Iron: 2.03mg (11.28%), Copper: 0.17mg (8.42%), Vitamin C: 6.46mg (7.83%), Folate: 28.79µg (7.2%), Vitamin B6: 0.11mg (5.49%), Vitamin B5: 0.49mg (4.89%), Potassium: 159.35mg (4.55%), Vitamin B3: 0.69mg (3.46%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.17µg (2.07%), Vitamin B1: 0.03mg (1.84%), Vitamin E: 0.27mg (1.78%)