

Mexican Fire Rice

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground pork breakfast sausage
- ☐ 16 ounce picante sauce
- ☐ 8 ounces cheddar cheese shredded
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 2.7 cups water
- ☐ 1.3 cups rice long grain white uncooked

Equipment

- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a medium saucepan, bring the water to a boil. Stir in the rice. Reduce heat, cover, and simmer 20 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a skillet over medium heat, cook the sausage until evenly brown.
- ☐ In a medium baking dish, mix the cooked rice, cooked sausage, picante sauce, and sour cream. Top with Cheddar cheese.
- ☐ Bake 20 minutes in the preheated oven, until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:14.52, Glycemic Load:15.02, Inflammation Score:-5, Nutrition Score:12.339565235636%

Nutrients (% of daily need)

Calories: 473.15kcal (23.66%), Fat: 30.49g (46.91%), Saturated Fat: 13.36g (83.51%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 29.06g (10.57%), Sugar: 3.26g (3.62%), Cholesterol: 85.9mg (28.63%), Sodium: 932.23mg (40.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.74%), Phosphorus: 281.53mg (28.15%), Calcium: 261.04mg (26.1%), Manganese: 0.41mg (20.42%), Selenium: 14.24µg (20.34%), Vitamin B3: 3.84mg (19.18%), Zinc: 2.82mg (18.81%), Vitamin B6: 0.35mg (17.75%), Vitamin B2: 0.28mg (16.18%), Vitamin A: 775.36IU (15.51%), Vitamin B1: 0.21mg (14.08%), Vitamin B12: 0.84µg (14.03%), Potassium: 379.62mg (10.85%), Vitamin B5: 1.02mg (10.2%), Magnesium: 35.43mg (8.86%), Copper: 0.17mg (8.46%), Vitamin E: 1.15mg (7.69%), Iron: 1.18mg (6.55%), Vitamin D: 0.91µg (6.05%), Fiber: 1.42g (5.69%), Vitamin K: 3.74µg (3.57%), Folate: 12.96µg (3.24%), Vitamin C: 1.73mg (2.1%)