



Mexican Rice and Cheese Casserole

 Vegetarian  Gluten Free

READY IN



57 min.

SERVINGS



10

CALORIES



299 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup green onions thinly sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 8 oz monterrey jack cheese shredded divided
- ☐ 16 oz mexican rice (with vigo)
- ☐ 1 teaspoon salt
- ☐ 8 oz cup heavy whipping cream sour
- ☐ 0.3 teaspoon paprika smoked sweet

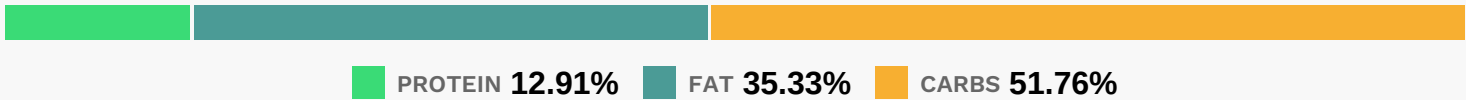
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Prepare rice according to package directions.
- ☐ Combine hot cooked rice, 1 1/2 cups shredded cheese, and next 4 ingredients in a large bowl; stir until combined.
- ☐ Transfer seasoned rice mixture to a greased 13" x 9" baking dish; sprinkle with remaining 1/2 cup cheese and paprika.
- ☐ Bake, uncovered, at 350 for 25 to 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:16.72, Glycemic Load:22.03, Inflammation Score:-4, Nutrition Score:7.933478285437%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 298.56kcal (14.93%), Fat: 11.61g (17.85%), Saturated Fat: 6.71g (41.94%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 37.38g (13.59%), Sugar: 1.18g (1.32%), Cholesterol: 33.57mg (11.19%), Sodium: 379.57mg (16.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.08%), Manganese: 0.52mg (25.84%), Calcium: 212.33mg (21.23%), Vitamin K: 21.73µg (20.7%), Phosphorus: 174.1mg (17.41%), Selenium: 11.05µg (15.78%), Vitamin B2: 0.16mg (9.29%), Vitamin A: 460.83IU (9.22%), Zinc: 1.29mg (8.62%), Copper: 0.12mg (6.01%), Vitamin B5: 0.59mg (5.93%), Vitamin B6: 0.11mg (5.5%), Magnesium: 21.9mg (5.48%), Vitamin B3: 0.83mg (4.15%), Vitamin B12: 0.24µg (3.93%), Iron: 0.71mg (3.92%), Folate: 15.55µg (3.89%), Potassium: 128.68mg (3.68%), Fiber: 0.88g (3.52%), Vitamin B1: 0.05mg (3.03%), Vitamin C: 2.12mg (2.57%), Vitamin E: 0.28mg (1.86%)