



Mexican Rice Casserole

 Vegetarian  Gluten Free

READY IN

ready

55 min.

SERVINGS

servings

12

CALORIES

calories

346 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounce canned tomatoes diced green such as rotel canned
- ☐ 29 ounce tomatoes whole canned
- ☐ 2 tablespoons canola oil
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1.5 cups cheddar grated
- ☐ 1 teaspoon cumin to taste ()
- ☐ 12 servings cilantro leaves fresh chopped for serving
- ☐ 3 cloves garlic minced

- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 4 cups rice long grain
- ☐ 6 cups chicken broth low-sodium (more if needed)
- ☐ 0.5 to 1 onion whole chopped
- ☐ 0.3 teaspoon turmeric

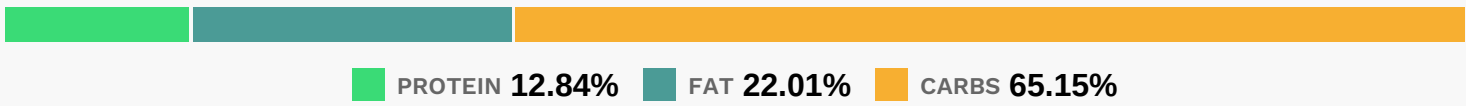
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Heat the oil in a large dutch oven and add the garlic and onions. Cook, 3 to 4 minutes. Reduce the heat to low and add the rice. Stir constantly, making sure the rice doesn't burn. Cook over low heat, about 3 minutes.
- ☐ Next, add the whole tomatoes, diced tomatoes, cumin, salt, pepper, cayenne and turmeric. Stir to combine and let cook, about 2 minutes. Finally, add the chicken broth and stir the mixture together. Bring the mixture to a boil, and then reduce heat to low. Cover, and simmer until the rice is not quite done, 10 to 15 minutes.
- ☐ Top with the cheese, and then bake with the lid off until the cheese is melted and the rice fully cooked, about 15 minutes.
- ☐ Serve with chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:24.1, Glycemic Load:30.45, Inflammation Score:-6, Nutrition Score:11.185217362383%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 345.86kcal (17.29%), Fat: 8.48g (13.04%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 56.46g (18.82%), Net Carbohydrates: 54.34g (19.76%), Sugar: 3.16g (3.51%), Cholesterol: 14.13mg (4.71%), Sodium: 454.52mg (19.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.13g (22.26%), Manganese: 0.82mg (40.97%), Phosphorus: 195.56mg (19.56%), Selenium: 13.68µg (19.54%), Vitamin B3: 3.42mg (17.09%), Calcium: 156.21mg (15.62%), Copper: 0.3mg (14.98%), Vitamin B6: 0.25mg (12.66%), Potassium: 399.48mg (11.41%), Vitamin C: 9.23mg (11.19%), Vitamin B2: 0.18mg (10.69%), Iron: 1.91mg (10.62%), Zinc: 1.5mg (10%), Vitamin E: 1.38mg (9.2%), Magnesium: 34.45mg (8.61%), Fiber: 2.12g (8.49%), Vitamin B5: 0.84mg (8.43%), Vitamin B1: 0.1mg (6.74%), Vitamin A: 317.09IU (6.34%), Vitamin K: 6µg (5.71%), Vitamin B12: 0.27µg (4.46%), Folate: 17.56µg (4.39%)