



Mexican Rice Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



245 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 32 ounce chili beans sauce undrained canned
- ☐ 1 cup corn chips crushed to taste
- ☐ 1 cup mexican cheese blend shredded
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 2 cups water
- ☐ 1 cup rice white

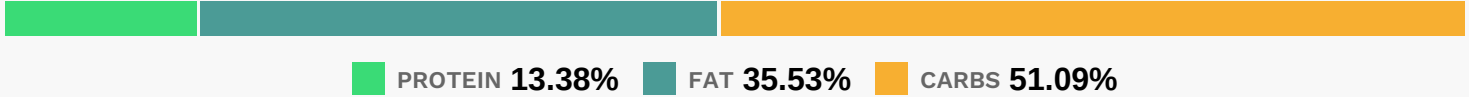
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Bring rice and 2 cups water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Stir chili beans, tomato sauce, and 3/4 cup water through the cooked rice; bring to a simmer over medium heat.
- ☐ Pour rice mixture into a 9x13-inch baking dish.
- ☐ Spread sour cream over the rice mixture.
- ☐ Sprinkle crushed corn chips over the sour cream layer; top with Mexican cheese blend.
- ☐ Bake in preheated oven until heated through and the cheese is melted, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:8.85, Glycemic Load:7.74, Inflammation Score:-4, Nutrition Score:8.5278260837431%

Nutrients (% of daily need)

Calories: 244.5kcal (12.22%), Fat: 9.69g (14.91%), Saturated Fat: 3.96g (24.74%), Carbohydrates: 31.35g (10.45%), Net Carbohydrates: 27.39g (9.96%), Sugar: 5.44g (6.04%), Cholesterol: 20.02mg (6.67%), Sodium: 740.62mg (32.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.43%), Phosphorus: 208.72mg (20.87%), Fiber: 3.95g (15.81%), Zinc: 2.16mg (14.42%), Vitamin B6: 0.27mg (13.68%), Copper: 0.27mg (13.28%), Potassium: 456.17mg (13.03%), Magnesium: 50.61mg (12.65%), Calcium: 122.3mg (12.23%), Vitamin B2: 0.2mg (11.79%), Manganese: 0.22mg (11.2%), Iron: 1.87mg (10.37%), Selenium: 6.08µg (8.69%), Vitamin E: 1.07mg (7.15%), Folate: 25.52µg (6.38%), Vitamin A: 270.16IU (5.4%), Vitamin B3: 0.8mg (3.98%), Vitamin B1: 0.05mg (3.66%), Vitamin B5: 0.34mg (3.43%), Vitamin C: 2.78mg (3.37%), Vitamin B12: 0.16µg (2.7%), Vitamin K: 1.83µg (1.74%)