



Mexican Rice Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



445 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon chili powder
- 1 lb ground beef
- 1 cup rice long grain
- 11 ounce mexicorn kernel corn) canned
- 16 ounce salsa
- 0.5 teaspoon salt
- 1 cup cheddar cheese shredded
- 2 cups water

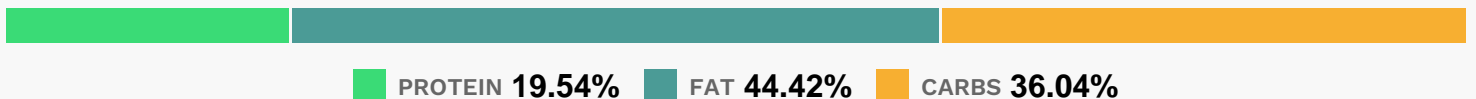
Equipment

- frying pan
- sauce pan
- oven
- mixing bowl
- casserole dish
- wooden spoon
- aluminum foil
- kitchen timer

Directions

- Place the 2 cups of water and long grain rice in a medium sauce pan and bring to a boil. Reduce heat to a simmer, place a lid on, set timer for 20 minutes and cook rice until done.² Preheat oven to 350°F.³ In a skillet, brown ground beef and drain.
- Place in a large mixing bowl.⁴ In large mixing bowl, add the jar of salsa to the ground beef. Also add chili powder, Mexicorn, rice and salt.
- Mix with a wooden spoon until combined well.⁵ Spray a 2 quart casserole dish. Put rice mixture into dish. Cover with a lid or foil and bake in preheated oven for 30 minutes.⁶ At 30 minutes, take off lid/foil.
- Add shredded cheddar cheese evenly over top and bake for an additional 5 minutes.⁷
- Remove from oven and serve.

Nutrition Facts



Properties

Glycemic Index:14.7, Glycemic Load:14.96, Inflammation Score:-6, Nutrition Score:15.730000050172%

Nutrients (% of daily need)

Calories: 445.33kcal (22.27%), Fat: 22.18g (34.12%), Saturated Fat: 9.54g (59.6%), Carbohydrates: 40.48g (13.49%), Net Carbohydrates: 37.56g (13.66%), Sugar: 4.85g (5.39%), Cholesterol: 72.51mg (24.17%), Sodium: 1015.86mg (44.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.95g (43.91%), Selenium: 22.44µg (32.05%), Zinc: 4.6mg (30.67%), Vitamin B12: 1.82µg (30.29%), Phosphorus: 299.62mg (29.96%), Vitamin B3: 5.19mg (25.95%), Vitamin B6: 0.48mg (23.82%), Manganese: 0.47mg (23.57%), Calcium: 182.74mg (18.27%), Vitamin B2: 0.28mg (16.2%), Potassium: 552.33mg (15.78%), Vitamin A: 692.52IU (13.85%), Iron: 2.34mg (12.99%), Vitamin B5: 1.28mg (12.76%), Magnesium: 50.23mg (12.56%), Fiber: 2.92g (11.67%), Copper: 0.21mg (10.52%), Vitamin E: 1.56mg (10.37%), Folate: 40.3µg (10.07%), Vitamin B1: 0.11mg (7.21%), Vitamin C: 5.65mg (6.85%), Vitamin K: 5.37µg (5.12%), Vitamin D: 0.19µg (1.26%)