



Mexican Rice Casserole

 Gluten Free

READY IN



65 min.

SERVINGS



10

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 10.8 ounce cream of mushroom soup reduced-sodium reduced-fat canned
- ☐ 6 ounces monterrey jack cheese shredded reduced-fat
- ☐ 0.1 teaspoon paprika
- ☐ 1 cup rice long-grain uncooked
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup skim milk
- ☐ 2 cups water

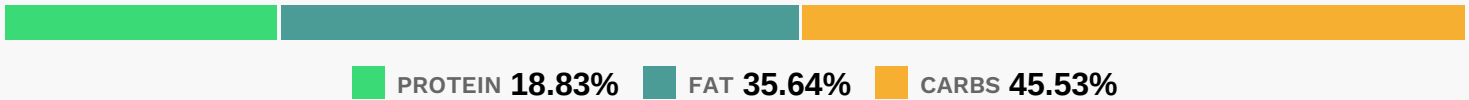
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place water in a saucepan; bring to a boil. Stir in rice. Cover, reduce heat, and simmer 20 minutes or until rice is tender and liquid is absorbed.
- ☐ Add milk and next 3 ingredients; stir. Stir in 1 cup cheese.
- ☐ Spoon mixture into an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray. Cover and bake at 350 for 30 minutes. Uncover; sprinkle with remaining cheese and paprika.
- ☐ Bake 5 additional minutes.

Nutrition Facts



Properties

Glycemic Index:13.64, Glycemic Load:9.03, Inflammation Score:-2, Nutrition Score:4.7721739346566%

Nutrients (% of daily need)

Calories: 154.39kcal (7.72%), Fat: 6.05g (9.31%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 16.86g (6.13%), Sugar: 0.42g (0.47%), Cholesterol: 16.85mg (5.62%), Sodium: 403.67mg (17.55%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.19g (14.39%), Manganese: 0.3mg (14.76%), Calcium: 147.46mg (14.75%), Phosphorus: 113.67mg (11.37%), Selenium: 5.42µg (7.75%), Zinc: 1.09mg (7.28%), Vitamin B2: 0.11mg (6.23%), Copper: 0.12mg (5.75%), Vitamin C: 4.36mg (5.29%), Vitamin B6: 0.08mg (3.77%), Vitamin B12: 0.23µg (3.76%), Iron: 0.66mg (3.66%), Vitamin A: 171.69IU (3.43%), Folate: 13.7µg (3.42%), Vitamin B3: 0.68mg (3.38%), Magnesium: 13.11mg (3.28%), Vitamin B5: 0.31mg (3.14%), Potassium: 98.67mg (2.82%), Fiber: 0.53g (2.11%), Vitamin B1: 0.03mg (1.76%), Vitamin D: 0.17µg (1.13%)