



## Puffed Cheddar-Rice Casserole

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1.5 cups rice white cooked
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large eggs separated
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.8 cup milk
- ☐ 1.3 teaspoons paprika
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sharp cheddar shredded

☐ 2 tablespoons butter unsalted

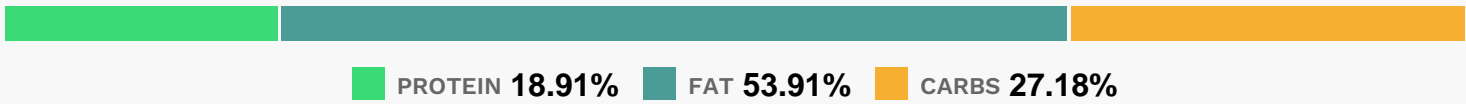
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

## Directions

- ☐ Preheat oven to 350F. Butter a 3-quart round souffl or other baking dish.
- ☐ In a saucepan over medium heat, melt butter.
- ☐ Whisk in flour until smooth.
- ☐ Whisking constantly, slowly pour in milk and cook until thick and bubbling, about 3 minutes. Reduce heat to low and stir in cheese until melted; remove from heat.
- ☐ In a bowl, stir together egg yolks, salt and 1 tsp. paprika.
- ☐ Whisk in cheese sauce and rice. In another bowl, with an electric mixer on high speed, beat egg whites with cream of tartar until stiff but still glossy. Stir 1/4 of beaten egg whites into rice mixture to lighten, then gently fold in remaining egg whites. Spoon into prepared dish and dust with remaining 1/4 tsp. paprika.
- ☐ Bake until puffy, golden brown and just set in center, 45 to 50 minutes.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:14.77, Inflammation Score:-5, Nutrition Score:7.4317392473635%

## Nutrients (% of daily need)

Calories: 244.96kcal (12.25%), Fat: 14.6g (22.47%), Saturated Fat: 8.43g (52.71%), Carbohydrates: 16.57g (5.52%),  
Net Carbohydrates: 16.16g (5.88%), Sugar: 1.79g (1.99%), Cholesterol: 41.94mg (13.98%), Sodium: 331.09mg (14.4%),  
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.53g (23.06%), Selenium: 17.28µg (24.69%), Calcium:  
245.44mg (24.54%), Phosphorus: 186.96mg (18.7%), Vitamin B2: 0.29mg (17.27%), Vitamin A: 654.32IU (13.09%),  
Manganese: 0.23mg (11.29%), Zinc: 1.41mg (9.41%), Vitamin B12: 0.49µg (8.2%), Magnesium: 20.11mg (5.03%),  
Vitamin B5: 0.46mg (4.58%), Potassium: 152.46mg (4.36%), Vitamin B1: 0.07mg (4.34%), Vitamin B6: 0.09mg  
(4.33%), Vitamin D: 0.57µg (3.83%), Folate: 15.2µg (3.8%), Vitamin E: 0.47mg (3.16%), Copper: 0.05mg (2.57%),  
Vitamin B3: 0.49mg (2.47%), Iron: 0.41mg (2.28%), Fiber: 0.4g (1.62%), Vitamin K: 1.44µg (1.37%)