

**8%**
HEALTH SCORE

Rice Casserole

 **Vegetarian**  **Gluten Free**

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**258 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups rice cooked
- 1 cup corn frozen canned
- 0.5 cup spring onion chopped
- 0.5 cup milk
- 1.3 cups monterrey jack cheese shredded divided
- 0.3 cup cream sour

Equipment

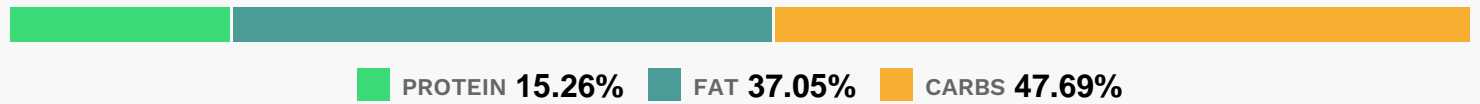
- bowl

- oven
- casserole dish

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a medium bowl, mix together the rice, 1 cup of the cheese, corn, milk, sour cream and green onions.
- Transfer to a 1 quart casserole dish, and sprinkle the remaining cheese over the top.
- Bake for 25 to 30 minutes in the preheated oven, or until cheese is melted and the dish is heated through.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:24.44, Inflammation Score:-4, Nutrition Score:8.3799999434015%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 257.63kcal (12.88%), Fat: 10.71g (16.48%), Saturated Fat: 6.26g (39.14%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 29.73g (10.81%), Sugar: 1.77g (1.96%), Cholesterol: 30.93mg (10.31%), Sodium: 156.44mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.85%), Calcium: 228.54mg (22.85%), Manganese: 0.43mg (21.72%), Phosphorus: 195.75mg (19.58%), Vitamin K: 18.09µg (17.23%), Selenium: 10.47µg (14.95%), Vitamin B2: 0.18mg (10.73%), Zinc: 1.44mg (9.63%), Vitamin B6: 0.16mg (8.2%), Vitamin A: 377.76IU (7.56%), Magnesium: 30.02mg (7.51%), Folate: 23.71µg (5.93%), Potassium: 197.04mg (5.63%), Vitamin B5: 0.56mg (5.63%), Vitamin B12: 0.33µg (5.53%), Fiber: 1.3g (5.21%), Vitamin C: 3.66mg (4.44%), Vitamin B1: 0.07mg (4.41%), Vitamin B3: 0.88mg (4.39%), Copper: 0.09mg (4.27%), Iron: 0.65mg (3.59%), Vitamin D: 0.36µg (2.43%), Vitamin E: 0.2mg (1.32%)