



Southwestern Rice with Cheese



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups jack grated
- ☐ 4 cups rice cooked
- ☐ 1.5 cups corn kernels frozen canned
- ☐ 1 jalapeño seeds removed and minced, optional
- ☐ 0.7 cup milk
- ☐ 8 servings paprika for sprinkling
- ☐ 4 ounce roasted peppers diced red dry drained
- ☐ 8 servings salt and cayenne pepper

- ☐ 0.5 cup scallion thinly sliced
- ☐ 0.5 cup cup heavy whipping cream sour

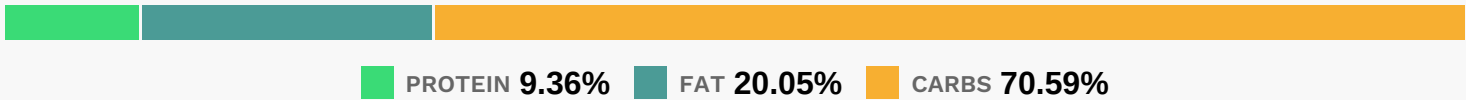
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Combine all ingredients in a large bowl (reserving 3 tablespoons of cheese). Spoon into buttered souffle dish. Top with reserved cheese and sprinkle lightly with paprika.
- ☐ Bake until top is golden, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:29.68, Inflammation Score:-9, Nutrition Score:10.970434758974%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 210.41kcal (10.52%), Fat: 4.9g (7.54%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 38.8g (12.93%), Net Carbohydrates: 35.78g (13.01%), Sugar: 9.41g (10.45%), Cholesterol: 10.92mg (3.64%), Sodium: 273.69mg (11.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.29%), Vitamin A: 2142.53IU (42.85%), Manganese: 0.53mg (26.49%), Vitamin C: 16.25mg (19.69%), Vitamin B6: 0.33mg (16.66%), Vitamin K: 16.75µg (15.95%), Fiber: 3.02g (12.07%), Potassium: 383.47mg (10.96%), Selenium: 7.42µg (10.6%), Phosphorus: 103.82mg (10.38%), Vitamin E: 1.5mg (10.03%), Vitamin B2: 0.16mg (9.43%), Magnesium: 36mg (9%), Folate: 31.88µg (7.97%), Calcium: 73.84mg (7.38%), Vitamin B3: 1.45mg (7.26%), Copper: 0.14mg (6.86%), Vitamin B5: 0.68mg (6.8%), Vitamin B1: 0.09mg (6.32%), Iron: 1.11mg (6.17%), Zinc: 0.85mg (5.63%), Vitamin B12: 0.14µg (2.33%), Vitamin D: 0.22µg (1.49%)