

Spanish Rice Bake

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup rice long-grain uncooked
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 cup corn whole frozen thawed (from 12 oz bag)
- ☐ 10.8 ounces all natural tomato soup canned
- ☐ 2.5 cups water boiling
- ☐ 1 tablespoon cilantro leaves fresh chopped

- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces monterrey jack cheese shredded

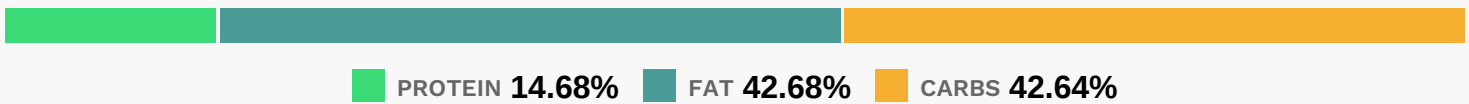
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375°. Spray 2 1/2-quart casserole with cooking spray.
- ☐ Heat oil in 10-inch skillet over medium heat. Cook rice, onion and bell pepper in oil 6 to 8 minutes, stirring frequently, until rice is light brown and onion is tender. Stir in corn.
- ☐ Mix remaining ingredients except cheese in casserole. Stir in rice mixture and 1 cup of the cheese.
- ☐ Cover and bake 20 minutes; stir. Cover and bake about 30 minutes longer or until rice is tender; stir.
- ☐ Sprinkle with remaining 1 cup cheese.
- ☐ Bake uncovered 2 to 3 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:48.42, Glycemic Load:26.75, Inflammation Score:-7, Nutrition Score:15.868695528611%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 531.6kcal (26.58%), Fat: 25.28g (38.89%), Saturated Fat: 12.15g (75.94%), Carbohydrates: 56.83g (18.94%), Net Carbohydrates: 54.55g (19.84%), Sugar: 7.94g (8.82%), Cholesterol: 50.46mg (16.82%), Sodium: 998.55mg (43.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.57g (39.14%), Calcium: 459.38mg (45.94%), Phosphorus: 355mg (35.5%), Manganese: 0.69mg (34.69%), Vitamin C: 26.95mg (32.67%), Selenium: 17.69µg (25.28%), Vitamin A: 958.99IU (19.18%), Potassium: 642.92mg (18.37%), Vitamin K: 18.7µg (17.81%), Zinc: 2.54mg (16.95%), Vitamin B2: 0.28mg (16.25%), Vitamin B6: 0.26mg (13.13%), Magnesium: 47.78mg (11.95%), Copper: 0.22mg (10.94%), Vitamin B3: 1.91mg (9.55%), Fiber: 2.27g (9.09%), Vitamin E: 1.28mg (8.53%), Iron: 1.51mg (8.38%), Vitamin B12: 0.47µg (7.84%), Folate: 30.65µg (7.66%), Vitamin B1: 0.1mg (6.64%), Vitamin B5: 0.64mg (6.36%), Vitamin D: 0.34µg (2.27%)