ARROZ con QUESO #001665

Ingredients

1 gallon (16 cups) cooked rice
1oz green onions diced
12oz yellow onion diced
1# 4oz red pepper diced
12oz frozen corn
6oz diced green chili peppers
1can drained pinto beans 10c
2c sour cream
2.5c milk
1# cheese blend
1c cilantro chopped
1/4c flour
1Tbls minced garlic
1/8c Taco seasoning

Makes: 25-1C
Prep Time:
Cooking Time:
Provides: 2.25 m/ma 1.25G

Image

Nutrition Facts

c Arroz con Queso 18-19

Nutrition Facts
Serving Size: 3/4 cup serving
Serving per Container: 1

Amount Per Serving	
Calories 356	Calories from Fat 75
	% Daily Value*
Total Fat 8.3g	13%
Saturated Fat 4.7g	23%
Trans Fat* 0.0g	
Cholesterol 23mg	8%
Sodium 305mg	13%
Total Carbohydrate 54.9g	18%
Dietary Fiber 7.4g	28%
Protein 15.6g	32%
Vitamin A 20%	Vitamin C 61%
Calcium 16%	Iron 10%

* - Trans Fat value is provided for informational purposes only, not for monitoring purposes.
* - Percent Daily Values are based on a 2,000 calorie diet.
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Possible Allergens or Sensitivites

		Yes	No
1.	Contains Egg		X
2.	Contains Dairy	X	
3.	Contains Nuts		X
4.	Contains Pork		X
5.	Contains Gluten	X	
6.	Contains Soy		X
7.	Vegetarian	X	