

# Rice with Green Chilies and Cheese

*Mrs. David F. Agnew and Mrs. John L. Glover*  
*River Road Recipes II (1976) - The Junior League, Baton Rouge, LA*

## Servings: 6

*1 cup raw rice*  
*salt (to taste)*  
*pepper (to taste)*  
*3/4 pound Monterey Jack cheese*  
*8 peeled green chile peppers OR one*  
*six-ounce can*  
*2 cups sour cream*  
*1/4 cup butter*

Preheat the oven to 350 degrees.

Cook the rice in boiling salted water about 15 minutes or until just tender. Drain. Wash with cold water and drain again. Season with salt and pepper.

Cut each chile pepper into three lengthwise strips. Cut one-half pound of the cheese into 24 oblong pieces. Wrap a chile strip around each piece of cheese.

Line a buttered 1-1/2-quart casserole with one-half of the rice. Layer one-half of the wrapped cheese pieces on top of the rice. Cover with one cup of sour cream. Repeat the three layers.

Grate the remaining one-quarter pound of cheese. Spread the cheese on top of the casserole. Dot with butter.

Bake for 30 minutes.

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Per Serving (excluding unknown items): 444 Calories; 41g Fat (82.1% calories from fat); 16g Protein; 4g Carbohydrate; 0g Dietary Fiber; 105mg Cholesterol; 423mg Sodium. Exchanges: 2 Lean Meat; 0 Non-Fat Milk; 7 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	444	Vitamin B6 (mg):	.1mg
% Calories from Fat:	82.1%	Vitamin B12 (mcg):	.7mcg

% Calories from Carbohydrates:	3.3%
% Calories from Protein:	14.6%
Total Fat (g):	41g
Saturated Fat (g):	26g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	105mg
Carbohydrate (g):	4g
Dietary Fiber (g):	0g
Protein (g):	16g
Sodium (mg):	423mg
Potassium (mg):	159mg
Calcium (mg):	515mg
Iron (mg):	trace
Zinc (mg):	2mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	1434IU
Vitamin A (r.e.):	415RE

Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	19mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refined:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	7
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 444 Calories from Fat: 364

### % Daily Values\*

<b>Total Fat</b>	41g	63%
Saturated Fat	26g	128%
<b>Cholesterol</b>	105mg	35%
<b>Sodium</b>	423mg	18%
<b>Total Carbohydrates</b>	4g	1%
Dietary Fiber	0g	0%
<b>Protein</b>	16g	

<b>Vitamin A</b>	29%
<b>Vitamin C</b>	1%
<b>Calcium</b>	52%
<b>Iron</b>	3%

\* Percent Daily Values are based on a 2000 calorie diet.