

Mexican Rice Casserole

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-watchers-mexican-rice-casserole-recipe>

Ingredients:

- 1 pound hamburger
- 1 can tomatoes with or with chili's
- 1 1/2 cups rice
- 3 cups water
- 1 1/2 cups shredded cheddar cheese
- taco seasoning to taste

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 120 milligrams
4. Fat: 31 grams
5. Fiber: 1 grams
6. Protein: 34 grams
7. SaturatedFat: 16 grams
8. Sodium: 350 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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