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## Cheesy Salsa Rice ♦♦

Cheesy Salsa Rice is a delicious and flavorful dish that combines the creaminess of cheese with the tanginess of salsa. It is a versatile recipe that can be enjoyed as a main dish or as a side. The rice is cooked in a cheesy salsa sauce, which gives it a rich and savory flavor. It is perfect for any occasion and is sure to be a crowd-pleaser.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>250 g</b>	Rice
<b>150 g</b>	cheese
<b>100 g</b>	salsa
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Pepper

10 g	Cilantro
20 g	Lime

## Directions

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### Step 1

Boiling

Cook the rice according to package instructions.

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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### Step 2

Heating

In a saucepan, heat the salsa over medium heat until warmed through.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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### Step 3

Stirring

Add the cooked rice to the saucepan with the salsa and stir to combine.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 4

**Stirring**

Stir in the cheese until melted and well combined.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Step 5

Season with salt and pepper to taste.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

Garnish with chopped cilantro and a squeeze of lime juice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 10 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	2 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Barbecue

### Cuisines

Mexican American

### Course

Side Dishes Salads Snacks

### Cultural

Chinese New Year Diwali Halloween

### Cost

\$10 to \$20

### Demographics

Kids Friendly Teen Friendly Lactation Friendly Diabetic Friendly

Heart Healthy

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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