



## Almond Chicken Casserole II

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 cup blanched slivered almonds
- ☐ 2 tablespoons butter
- ☐ 2 cups celery diced
- ☐ 3 cups rotisserie chicken breast meat cooked chopped
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 1 cup cornflake crumbs crushed
- ☐ 1 cup mayonnaise
- ☐ 4 tablespoons onion chopped

☐ 2 cups rice long-grain uncooked

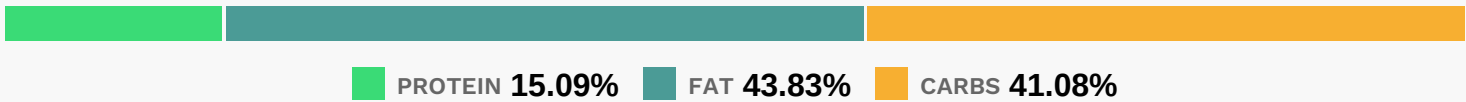
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ In a saucepan bring water to a boil.
- ☐ Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Set aside. Melt 1/2 tablespoon butter in a medium skillet over medium heat; saute onion and celery until soft.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine the chicken, rice, onion and celery in a 9x13 inch baking dish. Stir in mayonnaise and soup, then almonds. Top with crushed cornflakes and 2 tablespoons butter.
- ☐ Bake in preheated oven for 45 minutes, until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:21.93, Glycemic Load:15.82, Inflammation Score:-6, Nutrition Score:17.161304463511%

## Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 437.44kcal (21.87%), Fat: 21.25g (32.69%), Saturated Fat: 4.43g (27.7%), Carbohydrates: 44.81g (14.94%), Net Carbohydrates: 42.99g (15.63%), Sugar: 2.73g (3.03%), Cholesterol: 44.64mg (14.88%), Sodium: 497.44mg (21.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.45g (32.91%), Vitamin B3: 9.14mg (45.69%), Iron: 6.81mg (37.81%), Vitamin K: 36.71µg (34.96%), Vitamin B6: 0.64mg (31.83%), Manganese: 0.5mg (24.87%), Selenium:

17.12µg (24.45%), Vitamin B2: 0.41mg (24.31%), Vitamin B1: 0.33mg (21.95%), Folate: 84.66µg (21.17%), Vitamin B12: 1.13µg (18.85%), Phosphorus: 174.37mg (17.44%), Vitamin E: 2.07mg (13.8%), Vitamin A: 552.1IU (11.04%), Copper: 0.21mg (10.67%), Magnesium: 41.04mg (10.26%), Vitamin B5: 0.84mg (8.39%), Zinc: 1.15mg (7.65%), Fiber: 1.82g (7.29%), Potassium: 253.21mg (7.23%), Vitamin C: 4.93mg (5.98%), Vitamin D: 0.78µg (5.21%), Calcium: 38.6mg (3.86%)