



## Amazing Almond Chicken Casserole

READY IN



70 min.

SERVINGS



10

CALORIES



682 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup almonds sliced
- 0.5 cup butter
- 1.5 cups buttery round crackers crushed
- 2 cups celery chopped
- 4 cups meat from a rotisserie chicken diced cooked
- 10.5 ounce chicken broth canned
- 1 cup colby cheese shredded
- 10.5 ounce cream of chicken soup canned
- 2 cups rice cooked

- 2 teaspoons juice of lemon
- 1.5 cups mayonnaise
- 1 small onion chopped
- 2 teaspoons salt

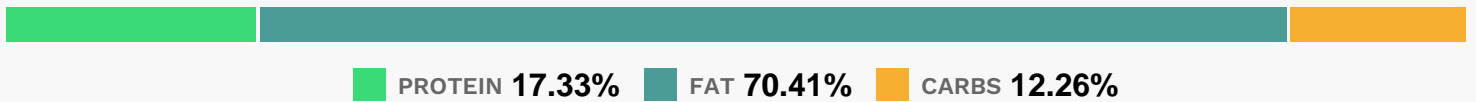
## Equipment

- frying pan
- oven
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large pan over medium heat, stir together cream of chicken soup and water (or broth). Stir in chicken, chestnuts, lemon juice, and mayonnaise. Stir in celery, onion, salt, and rice.
- Combine well, then pour into a casserole dish.
- Melt butter in a skillet over medium heat.
- Pour in crushed crackers, and stir to coat with butter.
- Pour crackers over the top of casserole. Then sprinkle almonds and shredded cheese over the top.
- Bake in preheated oven until cheese is melted, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:32.1, Glycemic Load:10.9, Inflammation Score:-6, Nutrition Score:17.356086772421%

## Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

## **Nutrients (% of daily need)**

Calories: 681.72kcal (34.09%), Fat: 53.23g (81.89%), Saturated Fat: 15.5g (96.85%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 18.94g (6.89%), Sugar: 2.17g (2.41%), Cholesterol: 110.32mg (36.77%), Sodium: 1321.84mg (57.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.48g (58.95%), Vitamin K: 68.27µg (65.02%), Selenium: 25.9µg (37%), Phosphorus: 321.76mg (32.18%), Vitamin B3: 6.23mg (31.17%), Vitamin E: 4.4mg (29.32%), Manganese: 0.47mg (23.64%), Vitamin B2: 0.33mg (19.52%), Vitamin B6: 0.37mg (18.54%), Zinc: 2.68mg (17.89%), Calcium: 162.69mg (16.27%), Magnesium: 55.94mg (13.98%), Iron: 2.42mg (13.44%), Vitamin A: 657.5IU (13.15%), Copper: 0.23mg (11.74%), Potassium: 367.65mg (10.5%), Vitamin B12: 0.63µg (10.49%), Vitamin B5: 0.96mg (9.59%), Vitamin B1: 0.12mg (7.81%), Fiber: 1.93g (7.71%), Folate: 28.67µg (7.17%), Vitamin C: 1.56mg (1.89%), Vitamin D: 0.18µg (1.17%)