



Amazing Almond Chicken Casserole

READY IN



70 min.

SERVINGS



10

CALORIES



717 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
- ☐ 2 cups water chestnuts drained

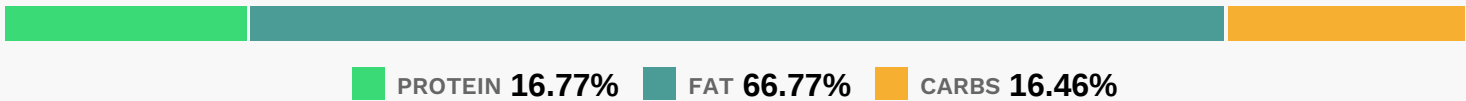
Equipment

- ☐ 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:19.053478329078%

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: 716.98kcal (35.85%), Fat: 53.27g (81.95%), Saturated Fat: 15.51g (96.92%), Carbohydrates: 29.54g
(9.85%), Net Carbohydrates: 25.85g (9.4%), Sugar: 3.9g (4.34%), Cholesterol: 110.32mg (36.77%), Sodium:
1327.27mg (57.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.1g (60.2%), Vitamin K: 68.41µg (65.15%),
Selenium: 26.4µg (37.71%), Phosphorus: 335.32mg (33.53%), Vitamin B3: 6.49mg (32.44%), Vitamin E: 4.75mg
(31.67%), Manganese: 0.55mg (27.28%), Vitamin B6: 0.48mg (24.15%), Vitamin B2: 0.35mg (20.53%), Zinc: 2.95mg
(19.67%), Iron: 3.03mg (16.86%), Calcium: 165.4mg (16.54%), Copper: 0.31mg (15.27%), Magnesium: 59.55mg
(14.89%), Fiber: 3.69g (14.77%), Vitamin A: 657.5IU (13.15%), Potassium: 450.82mg (12.88%), Vitamin B5: 1.06mg
(10.59%), Vitamin B12: 0.63µg (10.49%), Vitamin B1: 0.12mg (8.32%), Folate: 32.73µg (8.18%), Vitamin C: 2.46mg
(2.99%), Vitamin D: 0.18µg (1.17%)