



## Baked Chicken on Rice

READY IN



45 min.

SERVINGS



8

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 9 ounce mushrooms sliced canned
- 21.5 ounce cream of mushroom soup canned
- 2 ounce onion soup mix dry
- 2.5 cups milk
- 4 chicken breast halves boneless skinless
- 1.5 cups rice white uncooked

### Equipment

- oven

- baking pan
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cut each chicken breast in half to make a total of 8 pieces; set aside.
- Mix cream of mushroom soup with milk. Reserve 1 cup of mixture.
- Combine remaining mixture with rice, undrained mushrooms and 1 envelope of dry onion soup mix.
- Spoon rice mixture into a 9x13 inch baking dish. Arrange chicken pieces on top.
- Pour reserved soup mixture over chicken and sprinkle with other envelope of onion soup mix. Cover tightly with aluminum foil and bake in preheated oven for 1 hour.
- Remove cover and bake for an additional 15 minutes.
- Let cool 10 minutes and serve.

## Nutrition Facts



## Properties

Glycemic Index:12.4, Glycemic Load:18.05, Inflammation Score:-3, Nutrition Score:14.319130288518%

## Nutrients (% of daily need)

Calories: 311.98kcal (15.6%), Fat: 6.08g (9.35%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 41.49g (13.83%), Net Carbohydrates: 39.65g (14.42%), Sugar: 4.79g (5.32%), Cholesterol: 49.12mg (16.37%), Sodium: 1341.17mg (58.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.6g (43.2%), Vitamin B3: 7.83mg (39.13%), Selenium: 26.43µg (37.76%), Manganese: 0.69mg (34.6%), Vitamin B6: 0.62mg (30.89%), Phosphorus: 293.65mg (29.37%), Vitamin B5: 1.91mg (19.05%), Copper: 0.34mg (17.23%), Potassium: 551.56mg (15.76%), Vitamin B2: 0.25mg (14.74%), Zinc: 2.17mg (14.44%), Calcium: 123.02mg (12.3%), Magnesium: 46.88mg (11.72%), Vitamin B1: 0.17mg (11.02%), Vitamin B12: 0.65µg (10.78%), Iron: 1.36mg (7.56%), Fiber: 1.84g (7.35%), Vitamin D: 0.96µg (6.39%), Folate: 14.2µg (3.55%), Vitamin A: 141.54IU (2.83%), Vitamin E: 0.2mg (1.31%), Vitamin C: 0.92mg (1.11%)