



Brown Rice and Chicken Casserole

 Gluten Free

READY IN



105 min.

SERVINGS



12

CALORIES



259 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup brown rice uncooked
- ☐ 21.5 ounce condensed cream of asparagus soup canned
- ☐ 1 pound meat from a rotisserie chicken cooked chopped
- ☐ 1.5 teaspoons basil dried
- ☐ 1 teaspoon dill weed dried
- ☐ 1 tablespoon parsley dried
- ☐ 3 cloves garlic crushed
- ☐ 29 ounce cut green beans french canned

- ☐ 10.8 fluid ounces milk
- ☐ 1 cup onion chopped
- ☐ 12 servings salt and pepper to taste
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 1.5 cups water

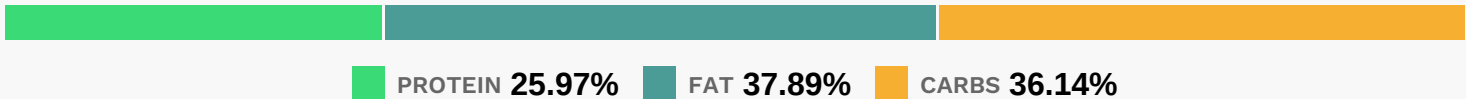
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Lightly grease a medium casserole dish.
- ☐ In a large bowl, mix the soup, milk, water, chicken, rice, green beans, Cheddar cheese, onion, and garlic. Season with parsley, basil, dill, salt, and pepper.
- ☐ Transfer to the prepared casserole dish.
- ☐ Bake 1 1/2 hours in the preheated oven, until rice is tender. If water is absorbed too quickly, add more as needed.

Nutrition Facts



Properties

Glycemic Index:18.9, Glycemic Load:9.02, Inflammation Score:-7, Nutrition Score:15.770434866781%

Flavonoids

Apigenin: 7.51mg, Apigenin: 7.51mg, Apigenin: 7.51mg, Apigenin: 7.51mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 259.21kcal (12.96%), Fat: 11.03g (16.97%), Saturated Fat: 4.59g (28.68%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 20.63g (7.5%), Sugar: 4.83g (5.36%), Cholesterol: 51.24mg (17.08%), Sodium: 594.58mg (25.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.01g (34.02%), Manganese: 0.91mg (45.66%), Vitamin K: 43.09µg (41.04%), Phosphorus: 253.63mg (25.36%), Vitamin B3: 4.38mg (21.9%), Selenium: 15.33µg (21.89%), Vitamin B6: 0.39mg (19.65%), Calcium: 195.43mg (19.54%), Vitamin A: 825.28IU (16.51%), Vitamin B2: 0.26mg (15.44%), Magnesium: 60.99mg (15.25%), Vitamin B5: 1.41mg (14.06%), Vitamin B1: 0.18mg (12.27%), Fiber: 3.04g (12.15%), Vitamin C: 9.93mg (12.04%), Zinc: 1.8mg (12.02%), Potassium: 406.97mg (11.63%), Iron: 1.96mg (10.87%), Copper: 0.19mg (9.58%), Folate: 34.89µg (8.72%), Vitamin E: 1.14mg (7.58%), Vitamin B12: 0.42µg (7.05%), Vitamin D: 0.38µg (2.51%)