



Buffalo Chicken Casserole

 **Gluten Free**  **Popular**

READY IN



55 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup rice long-grain white uncooked
- 1 cup water
- 1 tablespoon vegetable oil
- 1 lb chicken breast boneless skinless cut into thin strips
- 1 cup celery stalks thinly sliced
- 14.5 oz canned tomatoes undrained canned
- 0.5 cup sauce of the chicken from the turbo broiler
- 0.3 cup cheese dressing blue

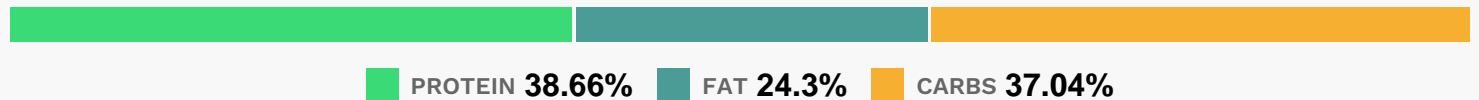
Equipment

- frying pan
- oven
- baking pan

Directions

- Cook rice in water 20 minutes as directed on package. Meanwhile, heat oven to 350°F. In 12-inch skillet, heat oil over medium-high heat.
- Add chicken and celery; cook 5 to 7 minutes, stirring frequently, until chicken is no longer pink in center.
- Remove from heat. Open can of tomatoes; cut up tomatoes in can. Stir tomatoes and wing sauce into chicken mixture.
- Spray 8-inch square baking dish with cooking spray. Spoon cooked rice into dish.
- Spread chicken mixture over rice (do not stir).
- Bake 25 to 30 minutes or until hot in center.
- Drizzle dressing over top.

Nutrition Facts



Properties

Glycemic Index:32.8, Glycemic Load:13.34, Inflammation Score:-5, Nutrition Score:19.005652023398%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 295.32kcal (14.77%), Fat: 7.92g (12.19%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 24.52g (8.92%), Sugar: 5.32g (5.91%), Cholesterol: 72.73mg (24.24%), Sodium: 1355.09mg (58.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.36g (56.73%), Vitamin B3: 13.54mg (67.71%),

Selenium: 40.74µg (58.2%), Vitamin B6: 1.06mg (53.16%), Phosphorus: 316.38mg (31.64%), Manganese: 0.48mg (24.13%), Potassium: 813.69mg (23.25%), Vitamin B5: 2.2mg (21.98%), Vitamin K: 20.17µg (19.21%), Magnesium: 60.26mg (15.06%), Copper: 0.29mg (14.47%), Vitamin C: 11.64mg (14.11%), Vitamin E: 1.91mg (12.73%), Vitamin B2: 0.21mg (12.23%), Vitamin B1: 0.17mg (11.61%), Iron: 2.07mg (11.49%), Fiber: 2.66g (10.63%), Zinc: 1.26mg (8.43%), Vitamin A: 368.8IU (7.38%), Folate: 29.3µg (7.32%), Calcium: 72.59mg (7.26%), Vitamin B12: 0.26µg (4.37%)