



Cajun Chicken-and-Wild Rice Casserole

READY IN



75 min.

SERVINGS



12

CALORIES



734 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.3 oz almonds sliced
- ☐ 1 pound andouille sausage chopped
- ☐ 2 cups breadcrumbs fresh soft
- ☐ 0.3 cup butter
- ☐ 1 teaspoon cajun spice
- ☐ 15 oz black-eyed peas drained canned
- ☐ 16 oz water chestnuts drained chopped canned
- ☐ 4 rib celery chopped
- ☐ 2.5 cups meat from a rotisserie chicken cooked chopped

- ☐ 21.5 oz cream of mushroom soup canned
- ☐ 1 bell pepper diced green
- ☐ 1 cup milk
- ☐ 2 medium onions chopped
- ☐ 12.4 oz fast-cooking and rice mix long-grain wild
- ☐ 16 oz cheddar cheese shredded divided
- ☐ 8 oz cup heavy whipping cream sour

Equipment

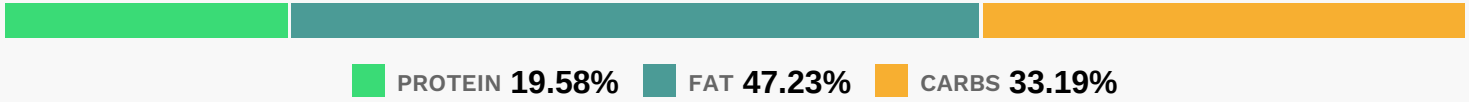
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Bake almonds in a single layer in a shallow pan 4 to 6 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Prepare rice mixes according to package directions.
- ☐ Meanwhile, melt butter in a large skillet over medium heat; add sausage, bell pepper, celery, and onions. Saut 10 minutes or until tender. Stir in chicken, next 6 ingredients, rice, and 3 cups cheese. Spoon mixture into a lightly greased 15- x 10-inch baking dish or 2 (11- x 7-inch) baking dishes. Top with breadcrumbs.
- ☐ Bake at 350 for 35 minutes.
- ☐ Sprinkle with remaining 1 cup cheese, and top with toasted almonds.
- ☐ Bake 5 minutes.
- ☐ To Make Ahead: Prepare as directed in Steps 2 and Cover with aluminum foil, and freeze up to 1 month.
- ☐ Remove from freezer, and let stand at room temperature 1 hour. Toast almonds as directed in Step

- ☐ Bake casserole, covered, at 350 for 30 minutes. Uncover and bake 55 minutes to 1 hour and 15 minutes or until thoroughly heated.
- ☐ Sprinkle with 1 cup (4 oz.) shredded Cheddar cheese and toasted almonds.
- ☐ Bake 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:3.15, Inflammation Score:-8, Nutrition Score:28.119999823363%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 733.91kcal (36.7%), Fat: 38.6g (59.38%), Saturated Fat: 16.99g (106.18%), Carbohydrates: 61.03g (20.34%), Net Carbohydrates: 54.58g (19.85%), Sugar: 7.18g (7.98%), Cholesterol: 118.48mg (39.49%), Sodium: 1122.99mg (48.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.99g (71.99%), Selenium: 43.89µg (62.69%), Manganese: 1.01mg (50.46%), Phosphorus: 500.57mg (50.06%), Folate: 198.55µg (49.64%), Vitamin B1: 0.7mg (46.69%), Vitamin B3: 9.04mg (45.21%), Calcium: 391.59mg (39.16%), Zinc: 5.04mg (33.62%), Vitamin B2: 0.55mg (32.54%), Iron: 5.66mg (31.45%), Fiber: 6.45g (25.82%), Vitamin B6: 0.5mg (25.1%), Copper: 0.48mg (24.13%), Magnesium: 81.52mg (20.38%), Vitamin B12: 1.16µg (19.29%), Potassium: 643.44mg (18.38%), Vitamin E: 2.69mg (17.91%), Vitamin A: 801.09IU (16.02%), Vitamin B5: 1.47mg (14.72%), Vitamin C: 10.41mg (12.62%), Vitamin D: 0.98µg (6.53%), Vitamin K: 4.55µg (4.34%)