



California Chicken Casserole

 **Gluten Free**

READY IN



55 min.

SERVINGS



4

CALORIES



765 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 ounces cream of mushroom soup undiluted canned
- 1.5 cups roasted chicken cubed cooked
- 4 servings rice hot cooked
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- 16 ounces savory vegetable frozen thawed
- 16 ounces savory vegetable frozen thawed
- 0.3 cup milk 2%

- 2 ounces pimientos diced drained
- 4 servings salt and pepper to taste
- 6 ounces swiss cheese shredded divided

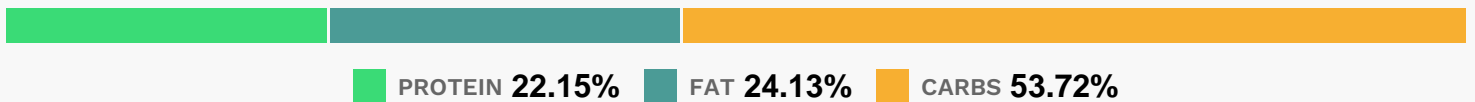
Equipment

- bowl
- oven
- baking pan

Directions

- In a large bowl, combine soup and milk. Stir in the vegetables, chicken, 1-1/4 cups cheese, pimientos, salt and pepper.
- Transfer to a greased 9-in. square baking dish.
- Cover and bake at 350° for 40 minutes. Uncover; top with remaining cheese.
- Bake 5-10 minutes longer or until bubbly.
- Let stand for 5 minutes.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:122.25, Glycemic Load:81.81, Inflammation Score:-10, Nutrition Score:35.524782533231%

Nutrients (% of daily need)

Calories: 765.08kcal (38.25%), Fat: 20.65g (31.77%), Saturated Fat: 10.2g (63.75%), Carbohydrates: 103.42g (34.47%), Net Carbohydrates: 92.93g (33.79%), Sugar: 1.58g (1.76%), Cholesterol: 84.04mg (28.01%), Sodium: 934.95mg (40.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.64g (85.28%), Vitamin A: 12287.58IU (245.75%), Manganese: 1.91mg (95.6%), Selenium: 44.92µg (64.17%), Phosphorus: 622.23mg (62.22%), Calcium: 492.71mg (49.27%), Vitamin C: 38.37mg (46.51%), Vitamin B3: 8.71mg (43.57%), Fiber: 10.49g (41.95%), Zinc: 5.75mg (38.3%), Vitamin B6: 0.76mg (37.81%), Vitamin B2: 0.52mg (30.52%), Magnesium: 116.05mg (29.01%), Copper: 0.58mg (28.8%), Vitamin B12: 1.65µg (27.57%), Vitamin B1: 0.39mg (25.74%), Potassium: 858.41mg (24.53%), Iron:

4.11mg (22.85%), Vitamin B5: 2.19mg (21.93%), Folate: 86.27µg (21.57%), Vitamin E: 0.47mg (3.17%), Vitamin K:
2.08µg (1.98%)